

Package Leaflet Information for the User
GAVISCON DOUBLE ACTION LIQUID SACHETS
PEPPERMINT FLAVOUR

500mg/213mg/325mg

Oral Suspension in sachet

Sodium alginate / Sodium bicarbonate / Calcium carbonate

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take this medicine carefully to get the best results from it.

- Keep this leaflet. You may need to read it again. Ask your pharmacist if you need more information or advice.
- **You must contact a doctor if your symptoms worsen or do not improve after 7 days.**
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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1. WHAT ARE GAVISCON DOUBLE ACTION LIQUID SACHETS PEPPERMINT FLAVOUR AND WHAT ARE THEY USED FOR?

Gaviscon Double Action Liquid Sachets Peppermint Flavour is a combination of two antacids (calcium carbonate and sodium bicarbonate) and an alginate and work in two ways.

1. Neutralising excess stomach acid to relieve the pain and discomfort.
2. Forming a protective barrier over the stomach contents to soothe the burning pain in your chest.

This medicine is used for the treatment of acid related symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion, for example following meals or during pregnancy.

2. BEFORE YOU TAKE GAVISCON DOUBLE ACTION LIQUID SACHETS PEPPERMINT FLAVOUR

Do not take Gaviscon Double Action Liquid Sachets Peppermint Flavour if you

- know you are **allergic** (hypersensitive) to any of the ingredients of Gaviscon Double Action Liquid Sachets Peppermint Flavour.

Take special care with Gaviscon Double Action Liquid Sachets Peppermint Flavour

- Gaviscon Double Action Liquid Sachet Peppermint Flavour should **not** be used in patients with **severe kidney problems** and in patients with electrolyte disturbance causing **low level of phosphate** in the blood (hypophosphatemia).
- This medicine contains small amounts of **sodium** 127.25mg (5.53 mmol) and **calcium** 130mg (3.25 mmol) per sachet (10ml).
Please talk to your doctor regarding the salt content if you suffer or have suffered from significant **kidney or heart disease**, as certain salts could interfere with these diseases.
- Please consult your doctor if you know you have **reduced amounts of gastric acid** in your stomach, as this product may be less effective.
- As with other antacid products, Gaviscon Double Action Liquid Sachets Peppermint Flavour can mask the symptoms of other more serious, underlying medical conditions.
- Prolonged use should be avoided. If symptoms persist **after 7 days, consult your doctor.**

Taking other medicines

Do not take this product within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines. Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines obtained without prescription.

Pregnancy and breast-feeding

You can take this product if you are pregnant or breast-feeding.

Important information about some of the ingredients of Gaviscon Double Action Liquid Sachets Peppermint Flavour

This product contains methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate (E216) which may cause allergic reactions (possibly delayed). This medicinal product contains 127.35mg (5.53 mmol) sodium per dose. To be taken into consideration by patients on a controlled sodium diet.

3. HOW TO TAKE GAVISCON DOUBLE ACTION LIQUID SACHETS PEPPERMINT FLAVOUR

Adults including the elderly and children 12 years and over

10-20ml (one to two sachets) after meals and before bedtime, up to four times a day.

Children under 12 years old: Should only be taken on medical advice.

If you take more Gaviscon Double Action Liquid Sachets Peppermint Flavour than you should:

If you take too much of this product it is unlikely to cause you any harm. However, you may feel bloated.

Consult your doctor if this doesn't go away.

If you forget to take Gaviscon Double Action Liquid Sachets Peppermint Flavour

If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Gaviscon Double Action Liquid Sachets Peppermint Flavour can cause side effects, although not everybody gets them. Very rare (less than 1 in 10,000) chance of an allergic reaction from the ingredients.

Symptoms may include abdominal pain, diarrhoea, nausea, vomiting itchy skin, rash, skin rash, itching, dizziness, swelling of the face, lips, tongue, or throat, and difficulty in breathing.

Ingestion of large quantities of calcium carbonate, a component of this product, may cause an increase in blood pH (alkalosis), too much calcium in the blood (hypercalcaemia), increased secretion of stomach acid, and constipation. These usually occur following larger than recommended dosages

If any of the side effects gets serious, or you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. HOW TO STORE GAVISCON DOUBLE ACTION LIQUID SACHETS PEPPERMINT FLAVOUR

Keep this medicine out of the sight and reach of children. Do not use this product after the expiry date (EXP: month/year) shown. Do not store above 30°C. **Do not refrigerate or freeze.**

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION**What Gaviscon Double Action Liquid Sachets Peppermint Flavour contain**

The active substances in a 10ml dose of oral suspension in sachet are sodium alginate (500mg), sodium bicarbonate (213mg) and calcium carbonate (325mg). The other ingredients are carbomer 974P, methyl parahydroxybenzoate (E218 propyl) parahydroxybenzoate (E216), sodium saccharin, peppermint flavour, sodium hydroxide, and purified water.

What Gaviscon Double Action Liquid Sachets Peppermint Flavour looks like and contents of the pack

Gaviscon Double Action Liquid Sachets Peppermint Flavour contain an off-white to cream suspension with the odour and flavour of peppermint.

Gaviscon Double Action Liquid Sachets Peppermint Flavour are available in cartons containing 4, 12 or 24 sachets.

Not all pack sizes are available.

Marketing Authorisation Holder and Manufacturer:

Reckitt Benckiser Healthcare (UK) Limited, Dansom Lane, Hull, HU8 7DS. United Kingdom.

This medicinal product is authorised in the member states of the EA under the following names:

Gaviscon Double Action Liquid Sachets Peppermint Flavour 500mg/213mg/325mg Oral suspension in sachet

This leaflet was last revised in 10/2012