

PATIENT INFORMATION LEAFLET
GAVISCON PEPPERMINT LIQUID RELIEF

Sodium alginate, Sodium bicarbonate, Calcium carbonate.

Please read this leaflet carefully before you take this medicine. If you are not sure about anything ask your pharmacist or doctor.

What is Gaviscon Peppermint Liquid Relief and what is it used for?

Gaviscon Peppermint Liquid Relief belongs to a group of medicines called 'reflux suppressants', which form a protective layer on top of the stomach contents to prevent stomach acid escaping from the stomach where it works into the food pipe causing pain and discomfort. Gaviscon Peppermint Liquid Relief is used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion, which may occur, for example, following meals or during pregnancy.

Before using Gaviscon Peppermint Liquid Relief

Do not take this product if:

- You know you are allergic to any of the ingredients as very rarely difficulty in breathing and skin rashes have occurred (see further information for full ingredients list).

page 1

Take special care before treatment with Gaviscon Peppermint Liquid Relief :

This medicine contains 285.2 mg (12.4 mmol) of sodium per 20 ml dose. If you have been advised to follow a low sodium (salt) diet ask your doctor before taking this product. The maximum recommended daily dose of this medicinal product contains 1140.8 mg sodium (found in table salt). This is equivalent to 57% of the adult recommended maximum daily dietary intake for sodium. Talk to your doctor or pharmacist if you need this product on a daily basis for a prolonged period, especially if you have been advised to follow a low salt (sodium) diet.

This product contains methyl (E218) and propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed). You can take this product if you are pregnant or breast feeding.

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. This is especially important if you are taking antihistamines, antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, antifungals such as ketoconazole, digoxin and beta blockers (for heart conditions), penicillamine (commonly for rheumatoid arthritis), glucocorticoid (for

page 2

inflammatory and autoimmune disorders), neuroleptics (for mental illness), thyroid hormones, chloroquine (for malaria), estramustine (for prostate cancer) and bisphosphonates (for osteoporosis).

How to take Gaviscon Peppermint Liquid Relief

Check that the cap seal is unbroken before first using this product. For oral use. Shake well before use.

Adults and children 12 years and over: Take 10-20ml (two to four 5ml spoonfuls) after meals and at bedtime, up to four times a day.

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

If you take too much of this product you may feel bloated and experience some abdominal discomfort. It is unlikely to cause you any harm, but please consult your doctor or pharmacist.

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

After taking Gaviscon Peppermint Liquid Relief:

If symptoms persist after 7 days consult your doctor.

Turn the leaflet for further information

page 3

Possible side effects

Very rarely (less than 1 in 10,000 patients treated) an allergic reaction to the ingredients may occur. Symptoms of this may include skin rash, difficulty in breathing, dizziness, or swelling of the face, lips, tongue or throat. If you experience these or any other side-effects stop taking the product and consult your doctor or pharmacist.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: "<http://www.mhra.gov.uk/yellowcard>" or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

How to store Gaviscon Peppermint Liquid Relief

Keep all medicines out of the reach and sight of children.

Do not use after the expiry date shown on the pack (EXP month/year). Do not store above 30°C. Do not refrigerate or freeze.

page 4

Further information

Each 10 ml oral suspension contains 500 mg sodium alginate, 267 mg sodium bicarbonate and 160 mg calcium carbonate as the active ingredients. The other ingredients are carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, sodium saccharin, peppermint oil, sodium hydroxide and water. This product does not contain sugar or gluten.

Gaviscon Peppermint Liquid Relief is available in bottles of 100, 150, 200, 250, 300, 500, and 600ml. Not all pack sizes may be marketed.

Product License Holder and Manufacturer:

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

Text revised : February 2024.

Gaviscon is a trade mark of the Reckitt group.

page 5

page 6