

# SENOCALM IBS RELIEF AND PREVENTION CAPSULES

Read the leaflet carefully before using the product. Keep this leaflet as you may need to read it again. If you have any questions please consult your general practitioner or pharmacist.

## WHAT IS IBS AND WHAT ARE THE SYMPTOMS?

Painful spasms and cramps associated with bloated feeling, pressure and fullness are commonly experienced symptoms of Irritable Bowel Syndrome (IBS). Common cause of these symptoms is excess gas trapped in the digestive system. About half of the gas in the digestive tract is swallowed air; the rest is produced by bacterial fermentation during the digestion of food.

Therefore most frequently symptoms occur after eating a meal. It feels like you have too much pressure on your stomach or your abdomen. This can cause discomfort. In addition, you can suffer from flatulence and/or burping. See your Doctor if you think you have IBS symptoms so they can try to determine the cause.

## HOW DO SENOCALM IBS RELIEF AND PREVENTION CAPSULES WORK?

Senocalm Capsules contain Simethicone, which provides relief and prevention of painful spasms and cramps, pressure and fullness, related to Irritable Bowel Syndrome caused by excess gas in the digestive system. Simethicone causes gas bubbles to collapse and collect together. This results in the formation of larger bubbles that pass more easily out of the intestines, allowing your body to process the gas in a natural way.

## WHAT DO YOU NEED TO KNOW BEFORE YOU USE SENOCALM IBS RELIEF AND PREVENTION CAPSULES?

### Do not take Senocalm Capsules if

- You are hypersensitive to one of the ingredients.

### Warnings and precautions

- For oral use only.
- Keep out of sight and reach of children.
- Do not chew or open the capsules before swallowing.
- Do not take a double dose of the capsules.
- Consult your doctor if:
  - Symptoms of bloating do not improve within 5 days of treatment or worsen.
  - You experience any unpleasant effects, such as nausea or constipation, after taking the capsules.

### Senocalm Capsules in combination with other treatments for bloating

There are no known interactions of Senocalm Capsules with other treatments for bloating, if used according to the information contained in this leaflet. In case of doubt, we advise to consult your doctor or pharmacist.

### Senocalm Capsules in combination with medicines

There are no known interactions of Senocalm Capsules with medicines, when used according to the information contained in this leaflet. In case of doubt, please contact your doctor or pharmacist.

## WHO CAN USE SENOCALM IBS RELIEF AND PREVENTION CAPSULES?

Senocalm Capsules can be used by adults and children aged 6 years and older (under supervision).

Senocalm Capsules can be used by diabetics.

During pregnancy or breastfeeding, it is recommended to consult your general practitioner before using Senocalm Capsules.

## HOW TO USE SENOCALM IBS RELIEF AND PREVENTION CAPSULES?

Take Senocalm Capsules with a glass of water, after a meal or before you go to bed. The capsules can be taken up to three times a day. However if you forget to take a dose, do not take a double dose.

The capsules can also be used to prevent bloating.

Age	Capsules per dose	Maximum capsules per day
Adults and children aged 14 years and older	2 - 3 capsules	9 capsules
Children aged 6 to 14 years	1 capsule	3 capsules

## **WHAT ARE THE POSSIBLE SIDE EFFECTS OF SENOCALM IBS RELIEF AND PREVENTION CAPSULES?**

There are no known side effects when used according to the information contained in this leaflet.

## **WHAT ARE THE INGREDIENTS OF SENOCALM IBS RELIEF AND PREVENTION CAPSULES?**

125 mg Simethicone, Peppermint Oil, Gelatin Capsule.

## **HOW TO STORE SENOCALM IBS RELIEF AND PREVENTION CAPSULES?**

- Keep Senocalm Capsules in the original packaging at room temperature (15-25 °C).
- Keep out of sight and reach of children.
- Do not use Senocalm Capsules after the expiry date as printed on the blister and outer box.

## **WHAT IS THE CONTENT OF THE PACKAGE?**

- 20 capsules (2 blisters of 10 capsules) / 40 capsules (4 blisters of 10 capsules)
- Patient Information Leaflet

 Manufacturer: Medical Brands Innovations B.V., Piet Heinkade 199, 1019 HC Amsterdam, the Netherlands.

Distributor: Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS

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