

# Gaviscon Advance Peppermint Flavour

Sodium alginate and potassium bicarbonate

Patient Information Leaflet.

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 Advance?

Off white viscous oral suspension with peppermint odour. Each 10ml of oral suspension contains sodium alginate 1000mg and potassium bicarbonate 200mg as the active ingredients. The other ingredients are calcium carbonate, carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, sodium saccharin, sodium hydroxide, peppermint flavor and purified water.

This product is sugar free and gluten free.

This product belongs to a group of medicines called 'reflux suppressants'.

Reflux is a process in which the acid stomach juices flow back up into the food pipe. Unlike the stomach the lining of food pipe is not resistant to acid so that when reflux occurs, it causes the pain and discomfort commonly known as heartburn. This product forms a protective layer that floats on top of the stomach contents quickly and effectively impeding gastro-oesophageal reflux for up to 4 hours, and protecting the oesophagus from acid, pepsin and bile. This layer prevents reflux and keeps the stomach content away from the lining of the food pipe to relieve the symptoms of heartburn and acid indigestion.

## What Gaviscon Advance is used for?

This product is used for the relief of heartburn and acid indigestion (also known as dyspepsia). Heartburn and acid indigestion are common and experienced by most people at some time. They may be felt as a burning sensation across the lower part of the chest, a pain spreading from the stomach towards the throat or regurgitation of a sour tasting liquid.

Heartburn and acid indigestion often occur during pregnancy, as a result of medical condition such as 'hiatus hernia' and "laryngopharyngeal reflux". It can also be used to relieve the symptoms of gastro-oesophageal reflux during concomitant treatment with or following withdrawal of acid suppressing therapy. Heartburn and acid indigestion can be made worse if you eat fatty or very spicy foods, drink too much alcohol, smoke, wear very tight clothing, are over weight or when you bend forward or lie down.

## Before you take Gaviscon Advance:

You can take this product if you are pregnant or breastfeeding.

Each 10ml dose contains 5.0 mmol of sodium, 2.0 mmol of potassium and 2.0 mmol of calcium. This product is considered high in sodium. If you have been advised to follow a diet restricted in any of these please consult your doctor before taking this product. The maximum recommended daily dose of this medicinal product is equivalent to 23.14% of the adult recommended maximum daily intake for sodium. This product contains methyl and

propyl parahydroxybenzoates, which may cause allergic reactions (possibly delayed). This treatment may be less effective if you have decreased amounts of gastric acid produced in your stomach.

**Taking other medicines:**

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without prescription.

A time-interval of 2 hours should be considered between Gaviscon intake and the administration of other medicinal products especially tetracyclines, fluoroquinolones, iron salts, thyroid hormones chloroquine, bisphosphonates, and estramustine.

**How to use Gaviscon Advance:**

Adults, including the elderly and children 12 years and over: 5-10ml after meals and at bedtime.

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

**After taking Gaviscon Advance:**

If you forget a dose, it is not necessary to double the dose next time, just carry on taking as before. If symptoms persist after 7 days consult your doctor. If you take too much of this product, overdose symptoms are likely to be minor. Some abdominal discomfort may be experienced. Consult your doctor or pharmacist if this does not go away.

**What side-effects may occur?**

Do not take if you know you are allergic to any of the ingredients as skin rashes and difficulty in breathing have been reported.

Very rarely (less than 1 in 10,000 patients) there is a chance of an allergic reaction to the ingredients. Symptoms of this may include skin rash, itching, difficulty 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 immediately.

**Storing your medicine:**

Do not use this product after the expiry date shown.

Keep all medicines safely away from children.

Store below 30°C. Do not refrigerate.

**Packaging available:**

Bottle: 150ml

Sachet: 4's x 10ml, 5's x 10ml, 8's x 10ml, 10's x 10ml, 12's x 10ml, 24's x 10ml.

Not all pack sizes may be marketed.

**Manufacturer:**

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