

# Rennie® Deflatine®



Calcium Carbonate, Magnesium Carbonate, Simeticone

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must contact a doctor if you do not feel better or if you feel worse after 14 days.

## WHAT IS IN THIS LEAFLET

1. What Rennie Deflatine is and what it is used for
2. What you need to know before you take Rennie Deflatine
3. How to take Rennie Deflatine
4. Possible side effects
5. How to store Rennie Deflatine
6. Contents of the pack and other information

## 1. WHAT RENNIE® DEFLATINE IS AND WHAT IT IS USED FOR

Rennie Deflatine relieves the pain and discomfort of bloating, biliousness, flatulence, and trapped wind. Each tablet is formulated with simeticone, a highly effective anti-foaming agent that causes the trapped air bubbles to combine and disperse, helping to eliminate the symptoms discreetly and without embarrassment.

Rennie Deflatine also contains antacids which provide effective relief from heartburn, indigestion and acid reflux.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE RENNIE® DEFLATINE

**Do not take Rennie Deflatine if you:**

- Have severe kidney disease.
- Have high calcium in the urine or kidney stones.
- Have high calcium or low phosphate levels in the blood.
- Are allergic (hypersensitive) to any of the ingredients (listed in Section 6).

## Warnings and precautions:

Please consult your doctor if you suffer frequently or need to use Rennie Deflatine for more than 14 days, in order to rule out more serious conditions.

Please consult your doctor or pharmacist if you have mild or moderate kidney problems as regular blood tests should be carried out.

## Other medicines and Rennie Deflatine:

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

- If you are taking any of the following medicines speak to your doctor or pharmacist before taking Rennie Deflatine because it can affect how these medicines work.

- Tetracyclines and quinolones (antibiotics)
- Bisphosphonates (used for the treatment of osteoporosis)
- Dolutegravir (an anti-retroviral medicine used for the treatment of HIV infection)
- Levothyroxine (a thyroid hormone)
- Eltrombopag (used to increase the number of platelets)
- Digoxin (used for some heart conditions)
- Thiazide diuretics (water tablets to treat fluid retention and high blood pressure)
- Fluorides (for preventing dental caries)
- Phosphates (for clearing the bowel before a surgical procedure)
- Iron supplements

- To maximise the benefit of all medicines being used, take Rennie Deflatine at least 4 hours before or after taking eltrombopag and 1 to 2 hours after taking any other medicines.

## Rennie Deflatine with food and drink

Avoid taking Rennie Deflatine with large amounts of milk or dairy products.

## Pregnancy and breastfeeding:

Rennie Deflatine can be used during pregnancy and breastfeeding if taken as instructed.

As Rennie Deflatine provides a substantial amount of calcium (272 mg per tablet) in addition to dietary calcium intake,

7001466 / 1222GB

pregnant women should strictly limit their use of Rennie Deflatine to the maximum recommended daily dose and avoid concomitant, excessive intake of milk (1 litre contains up to 1.2 g elemental calcium) and dairy products.

## Rennie Deflatine contains sorbitol

This medicine contains 430 mg sorbitol in each tablet. Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

## 3. HOW TO TAKE RENNIE® DEFLATINE

### Adults and children over 12 years only:

Suck or chew 1-2 tablets, up to a maximum of 11 tablets a day.

Do not take more than the label tells you to.

### Children under 12 years:

Not recommended.

If symptoms persist after 14 days consult your pharmacist or doctor. Prolonged use should be avoided.

**If you take more Rennie Deflatine than you should:** Drink plenty of water and consult your doctor or pharmacist. Symptoms of an overdose include nausea and vomiting, tiredness, increased urine production, increased thirst, dehydration and abnormal muscular weakness.

If you have any questions on the use of this product, ask your doctor or pharmacist.

## 4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them. Side effects are unlikely at the recommended dose.

If you experience the following side effects stop treatment immediately and seek medical advice.

Rarely allergic reactions to ingredients have been reported, e.g. rashes, itching, difficulty in breathing and swelling of the face, mouth or throat and anaphylactic shock (anaphylactic shock is a severe sudden allergic reaction, symptoms of which are low blood pressure, shock, palpitations, difficulty in breathing, bronchospasm, skin reactions, abdominal pain or cramps, vomiting and diarrhoea).

Long term use of high doses can cause high blood levels of calcium and magnesium, especially in people with kidney conditions. Symptoms of this may include nausea, vomiting, upset stomach,

constipation, diarrhoea, tiredness, muscular weakness, headache, kidney problems and impaired sense of taste.

In exceptional cases, long term use of high doses can lead to milk alkali syndrome, which can cause high blood levels of calcium.

## Reporting of side effects:

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: [www.mhra.gov.uk/yellowcard](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.

## 5. HOW TO STORE RENNIE® DEFLATINE

Keep this medicine out of the sight and reach of children. Do not store above 25°C and keep in the original pack. Do not use this medicine after the expiry date which is stated on the carton and blister. The expiry date refers to the last day of that month.

Do not throw away any medicines via waste water or household waste. Ask your pharmacist how to dispose of medicines you no longer use. These measures will help protect the environment.

## 6. CONTENTS OF THE PACK AND OTHER INFORMATION

### What Rennie Deflatine contains:

The active substances are: simeticone 25mg, calcium carbonate 680mg and heavy magnesium carbonate 80mg.

The other ingredients are sorbitol (E420), magnesium stearate, potato starch, pregelatinised maize starch, talc, mint flavour, lemon flavour.

### What Rennie Deflatine looks like and contents of the pack:

Rennie Deflatine are cream white flat round tablets, scored on one side. They are available in packs of 2, 4, 6, 12, 16, 18, 20, 24, 36, 48, 60, 96 tablets. Not all pack sizes may be marketed.

### Marketing Authorisation Holder and Manufacturer:

Marketing Authorisation Holder: Bayer plc, 400 South Oak Way, Reading, RG2 6AD, UK. [consumerhealthuk@bayer.com](mailto:consumerhealthuk@bayer.com)  
Manufacturer: Delpharm Gaillard, 74240 Gaillard, France.

This leaflet was last revised in January 2022.

Bayer