

Information for the user

Phillips' Milk of Magnesia Liquid

Magnesium Hydroxide

Traditional Mint Flavour

With easy to open cap and dosing cup

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 have told you.

Batch No:

Do not use after end:

200 ml

This leaflet was last revised in November 2020.

1. What this medicine is and what it is used for

Phillips' Milk of Magnesia liquid (magnesium hydroxide) is used to relieve indigestion, excess acid and wind, heartburn and stomach discomfort. It can also be used as a laxative to relieve constipation.

2. What you need to know before you take this medicine

Do not take Phillips' Milk of Magnesia Liquid if you:

- are allergic to magnesium hydroxide or any of the other ingredients of this medicine (listed in section 6).
- have acute gastrointestinal conditions (conditions that affect your digestive tract and usually last for a short period of time).

Warnings and precautions

Talk to your doctor or pharmacist before taking this medicine:

- you have **kidney problems**.
- you are taking any **other medicines** (including those you have bought yourself).
- you are **pregnant** or **breastfeeding**.

Check with your doctor if symptoms continue.

Children: In small children use of magnesium hydroxide may cause increased amounts of magnesium in the blood (hypermagnesemia) particularly if they have kidney problems or are dehydrated.

Other medicines and Phillips' Milk of Magnesia Liquid:

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Some medicines may be affected by magnesium hydroxide or they may affect how well magnesium hydroxide will work:

- Medicines to treat bacterial and fungal infections such as cefpodoxime, itraconazole, tetracyclines, ketoconazole and the quinolone group of antibacterials.
- Medicines use for viral infections (e.g. atazanavir, tipranavir , rilpivirine).
- Fexofenadine (an antihistamine commonly used for allergies).
- Bisphosphonates (used to help prevent or slow down bone thinning) such as alendronate, clodronate, risedronate, ibandronic acid.
- Corticosteroids (anti-inflammatory medicines used for a wide range of conditions) such as deflazacort, dexamethasone.
- Digoxin (used for heart problems).
- Dipyridamole (blood thinner).
- Antiepileptics (gabapentin and phenytoin).
- Levothyroxine (used to treat underactive thyroid).
- Mycophenolate (mainly used to stop the body from rejecting a transplanted organ).
- Iron preparations (used to prevent and treat anemia caused by low iron levels).
- Rosuvastatin (used to treat high cholesterol levels).
- Antipsychotics (e.g. sulphiride, phenothiazines, chlorpromazine).
- Medicines to treat malaria such as chloroquine, hydroxychloroquine, proguanil.
- Penicillamine (anti-rheumatic).
- Ibuprofen (pain killer).
- Salicylates (such as aspirin).
- Dicoumarol (anticoagulant).
- Cimetidine (used to treat and prevent certain types of ulcer).
- Sodium polystyrene sulfonate (used to reduce high levels of potassium in the blood).

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines

This medicine is unlikely to cause any effects on the ability to drive and use machines

3. How to take Phillips' Milk of Magnesia Liquid

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Shake well before each use.

You can take this medicine with milk or water if you want. Drink plenty of fluid during the course of your treatment.

Relief of indigestion, excess acid and wind, heartburn and stomach discomfort

Adults:

Take one to two 5 ml spoonfuls (first or second line in dosing cup). Repeat as necessary to maximum of twelve 5 ml spoonfuls (60 ml) in 24 hours.

Children aged 3 to 12 years:

Give one 5 ml spoonful (first line in dosing cup). Repeat as necessary to a maximum of six 5 ml spoonfuls (30 ml) in 24 hours.

Children under 3:

To be given only on the advice of a doctor.

Do not use for more than 14 days.

Relief of constipation (use as a laxative):**Adults:**

Take six to nine 5 ml spoonfuls (30-45 ml measured in dosing cup) at bedtime. Repeat nightly, reducing dose until constipation is relieved.

Children aged 3 to 12 years:

Give one to two 5 ml spoonfuls (first or second line in dosing cup) at bedtime.

Children under 3: To be given only on the advice of a doctor.

Do not use for more than 3 days.

If a laxative dose is needed every day or if there is persistent abdominal pain, consult your doctor.

If you take more medicine than you should

Do not take more than the recommended dose.

If you take too much contact your doctor or casualty department. You may experience watery diarrhoea; taking this medicines for a long period may cause the increase in blood magnesium levels (hypermagnesaemia).

If you forget to take this medicine

Do not take a double dose to make up for a forgotten dose.

This medicine contains less than 1 mmol sodium (23 mg) per 45ml, that is to say essentially 'sodium-free'.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Very rare side effects (may affect up to 1 in 10,000 people):

- Hypermagnesemia (increased amounts of magnesium in your blood). This was seen after prolonged administration to patients with kidney problems.

Unknown side effects (frequency cannot be estimated from the available data):

- Abdominal pain including colic.
- Diarrhoea

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 via the website: 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.

If you take too much contact your doctor or casualty department.

5. How to store Phillips' Milk of Magnesia Liquid

Keep out of the sight and reach of children.

Do not freeze. Store below 25°C. Use within 6 months of opening.

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

6. Contents of the pack and other information

What this medicine contains

- The active substance is magnesium hydroxide. Each 5 ml contains Magnesium Hydroxide 415 mg.
- The other ingredients are sodium hydrogen carbonate, oil of peppermint, glycerol, sodium saccharin and purified water.

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