

### **Gaviscon Advance Peppermint Flavour Oral suspension.**

Sodium alginate and potassium hydrogen carbonate.

**Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription. However, you still need to take this medicine carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- **You must contact a doctor if your symptoms worsen or do not improve after 7 days.**
- If any of the side-effects gets serious, or if you notice any side-effect not listed in this leaflet, please tell your doctor or pharmacist.

#### **In this leaflet:**

1. What is Gaviscon Advance and what is it used for?
2. Before taking this medicine.

3. How to take this medicine.
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#### **1. What is this medicine and what is it used for?**

Gaviscon Advance belongs to a group of medicines called 'reflux suppressants'.

This product forms a protective layer that floats on top of the stomach contents. This layer prevents reflux and keeps the stomach contents away from the lining of the food pipe to relieve the symptoms of heartburn and acid indigestion. It can also be used to relieve the symptoms of conditions such as hiatus hernia (protrusion of muscle through a muscle wall), reflux oesophagitis (inflamed foodpipe) and symptoms of hoarseness and other voice disorders, sore throat and cough associated with reflux. It can be taken to control heartburn symptoms which may occur

#### **Pregnancy and breast-feeding:**

You can take this product if you are pregnant or breast-feeding. As with all medicines, the treatment duration should be limited as much as possible.

#### **Important information about some of the ingredients of Gaviscon Advance:**

This product contains methyl (E218) and propyl (E216) para-hydroxybenzoates which may cause allergic reactions (possibly delayed).

#### **Driving and using machines:**

This medicine has no influence on the ability to drive and use machines.

#### **3. How to take this medicine**

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

#### **Adults including the elderly and children 12 years and over.**

5-10 ml (one to two 5ml spoonfuls) after meals and at bedtime. Children under 12 years: Should only be taken on medical advice. If you forget a dose it is not necessary to double the dose next time, just carry on taking as before. 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 this doesn't go away. **If symptoms persist after 7 days consult your doctor.**

#### **4. Possible side effects**

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.**

when taking, or following withdrawal of medication to reduce stomach acid such as Proton Pump Inhibitors (PPIs) or H2 Antagonists.

#### **2. Before taking this medicine**

##### **Do not take Gaviscon Advance:**

- If you know you are allergic (hypersensitive) to any of the ingredients in this product (see 'Further Information' for a full list of ingredients).

##### **Take special care with Gaviscon Advance:**

This medicine contains sodium (5.0 mmol per 10 ml), potassium (2.0 mmol per 10 ml) and calcium.

- 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 contains 424 mg sodium (found in table salt). This is

equivalent to 21% of the adult recommended maximum daily intake for sodium.

- Please also talk to your doctor or pharmacist if you need this product on a daily basis for a prolonged period of time, especially if you have been advised to follow a low salt (sodium) diet or if you suffer or have suffered from significant kidney or heart disease, as certain salts could interfere with these diseases.

##### **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. Wait at least 2 hours between taking this medicine and other medicines such as tetracyclines, fluoroquinolones (types of antibiotics), iron salts, thyroid hormones, chloroquine (a medication used to prevent malaria), bisphosphonates (a medication used to treat osteoporosis) and estramustine (a medication to treat prostate cancer).

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.

#### **5. How to store this medicine**

Do not use this product after the expiry date (EXP: month/year) shown. Use within 6 months of opening. Keep out of the reach and sight of children.

##### **Do not refrigerate.**

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

#### **6. Further Information**

Each 10 ml of oral suspension contains 1000 mg sodium alginate and 200 mg potassium hydrogen carbonate as the active ingredients. The other ingredients are calcium carbonate, carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, sodium saccharin, sodium hydroxide, Peppermint flavour and purified water. This product does not contain sugar or gluten.

Gaviscon Advance is available in bottles of 150 ml, 250 ml, 300 ml or 500 ml only from the pharmacy. Not all pack sizes may be marketed.

Manufacturer and Product Licence Holder:  
Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS.

UK Distributor: Forum Health Products.

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