

PATIENT INFORMATION LEAFLET

GAVISCON DOUBLE ACTION ANISEED

Sodium alginate, Sodium bicarbonate, Calcium carbonate
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 Double Action Aniseed and what is it used for?

Gaviscon Double Action Aniseed is a combination of two antacids (calcium carbonate and sodium bicarbonate) and an alginate and works in two ways:

- 1) Neutralising excess stomach acid to relieve the pain and discomfort.
- 2) Forming a protective barrier over the stomach contents to soothe the burning pain in your chest.

Gaviscon Double Action Aniseed is used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion, which may occur, for example, following meals or during pregnancy and for symptoms of excess stomach acidity (hyperacidity).

Before taking Gaviscon Double Action Aniseed

Do not take this product if: You know you are allergic to any of the ingredients as very rarely difficulty in breathing and skin rashes have occurred (see further information for a full list of ingredients).

Take special care before treatment with Gaviscon Double Action Aniseed: This medicine contains 127.88 mg sodium (main component of cooking/table salt) in each 10 ml. This is equivalent to 6.4 % of the recommended maximum daily dietary intake of sodium for an adult. The maximum recommended daily dose of this medicinal product contains 1023.04 mg sodium (found in table salt). This is equivalent to 51.15 % of the adult recommended maximum daily dietary intake for sodium. 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. This product can mask symptoms of other more serious, underlying medical conditions. If symptoms persist, or treatment is required for more than seven days continuously, please speak to your doctor

or pharmacist.

You can take this product if you are pregnant or breast feeding.

This product contains methyl (E218) and propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed). This medicine contains 1.05 mg benzyl alcohol in each 10 ml. Benzyl alcohol may cause allergic reactions. Ask your doctor or pharmacist for advice if you are pregnant or breast-feeding, or if you have a liver or kidney disease. This is because large amounts of benzyl alcohol can build-up in your body and may cause side effects (called "metabolic acidosis").

Taking Other Medicines: Do not take this product within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines. This is especially important if you are taking antihistamines, antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, thyroid hormones, antifungals such as ketoconazole, digoxin and beta-blockers (for heart conditions), neuroleptics (for mental illness), thyroxine, chloroquine (for malaria), bisphosphonates (for

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osteoporosis) and estramustine (for prostate cancer).

How to take Gaviscon Double Action Aniseed: Check that the cap seal is unbroken before first using this product. For oral use. Shake well before use.

Adults and children 12 years and over:

Take 10-20ml (two to four 5ml spoonfuls) after meals and at bedtime, up to four times a day. **Children under 12 years:** Should only be taken on medical advice. If you take too much of this product you may feel bloated. It is unlikely to cause you any harm, but please consult your doctor or pharmacist.

If you forget a dose it is not necessary to double the dose next time, just carry on taking as before. Taking large doses of calcium carbonate every day for prolonged periods can lead to high levels of calcium in the blood. Turn the leaflet for further information.

After taking Gaviscon Double Action Aniseed: If symptoms persist, or treatment is required for more than seven days continuously, seek medical advice.

Possible side effects: Very rarely (less than 1 in 10,000 patients treated) an allergic reaction to the ingredients

may occur. 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. Other side effects of unknown frequency may include constipation, irritability, muscle twitching or muscle cramps, indigestion that comes back when you stop taking the tablets and high levels of calcium in the blood.

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 <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.

How to store Gaviscon Double Action Aniseed

- Do not use this product after the expiry date (EXP:

month/year) shown.

- Use within 6 months of opening.
- Keep out of the sight and reach of children.
- Do not store above 30°C.
- Do not refrigerate or freeze.

Further information: Each 10 ml of oral suspension contains 500mg sodium alginate, 213mg sodium bicarbonate and 325mg calcium carbonate as the active ingredients. The other ingredients are carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, benzyl alcohol (present in fennel flavour), sodium saccharin, fennel flavour, sodium hydroxide and water. This product does not contain sugar or gluten. Gaviscon Double Action Aniseed is available in bottles of 150ml, 200ml, 250ml, 300ml, 500ml and 600ml. Not all pack sizes may be marketed.

Manufacturer and PL Holder in UK:
Reckitt Benckiser Healthcare (UK) Ltd., Hull, HU8 7DS.
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