Mebeverine 200mg modified-release capsules

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

Keep this leaflet. You may need to read it again.
• If you have any further questions, ask your doctor or pharmacist.

This medicine has been prescribed for you only.
Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
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.

What is this leaflet
What Mebeverine is and what is it used for
Mebeverine contains Sucrose or use any tools or machines.
This medicine is not likely to affect you being able to drive or operate machines.

This medicine is not recommended for use in children and adolescents below 18 years old.

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

Mebeverine with alcohol
You can drink alcohol while you are taking Mebeverine.

If you are allergic to mebeverine hydrochloride or any of the other ingredients of this medicine (listed in section 6).

If you stop taking Mebeverine
Do not stop taking Mebeverine without talking to your doctor, even if you feel better.

If you take more Mebeverine than you should
If you or someone else takes too much Mebeverine (an overdose), talk to a doctor or go to a hospital straight away.
Take the medicine pack with you.

If you forget to take Mebeverine
If you stop eating meals, use aên饅 and chew them slowly.
You should not eat them. A high fiber diet may help, but ask your doctor or pharmacist for more information.

Some people find that learning to relax can help to lessen their symptoms of IBS. You may find it helpful to set aside a few minutes each day to relax and gently unwind.

How you restrict your diet depends on the way IBS affects you.

If the above applies to you, do not take this medicine and talk to your doctor or pharmacist.

If you have any further questions, ask your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet
What Mebeverine is and what it is used for
Mebeverine contains hydrochloride, which belongs to a group of medicines called antispasmodics.
This medicine is used to treat the symptoms of irritable bowel syndrome (IBS).
This is a very common condition which causes spasm and other symptoms.

The intestine is a long muscular tube which food passes down or through to be digested. If the intestine goes into spasm and squeezes too tightly, you get pain. The way this medicine works is by relieving the spasm, pain and other symptoms.

The main symptoms of irritable bowel syndrome (IBS) include:
• stomach pain and spasm
• feeling bloated and having wind
• having diarrhea (with or without constipation)
• small, hard, pellet-like or ribbon-like stools (faeces)

These symptoms may vary from person to person.
Talk to your doctor or pharmacist if these symptoms do not improve after a while, if you develop new symptoms, or if you are concerned about your symptoms.

Your diet and lifestyle can also help to treat IBS:
How you restrict your diet depends on the way IBS affects you.

If you find that certain foods bring on the symptoms, then it makes sense not to eat them.
A high fiber diet may help, but ask your doctor or pharmacist for more information.

Some people find that learning to relax can help to lessen their symptoms of IBS. You may find it helpful to set aside a few minutes each day to relax and gently unwind.

Talk to your doctor or pharmacist before taking Mebeverine for pregnant women. Your doctor may advise you to stop taking Mebeverine before you become pregnant or as soon as you know you are pregnant.

Mebeverine should not be used during breastfeeding.
Driving and using machines
This medicine is not likely to affect you being able to drive or operate machines.

Mebeverine contains Sucrose
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking the medicinal product.

Taking the medicinal product.
Intolerance to some sugars, contact your doctor before:

You can drink alcohol while you are taking Mebeverine.

Mebeverine with alcohol

Mebeverine comes as creamy white hard capsules, filled with white to off white coloured spherical pellets.

Each capsule contains 200mg of mebeverine hydrochloride in a modified release formulation.

The recommended starting dose is one capsule twice a day.

If you take more Mebeverine than you should
If you get any of these serious side effects, stop taking the capsule and see your doctor.

• Difficulty in breathing, swelling of face, neck, tongue or throat (severe allergic reaction).

These other effects are less serious. If they bother you talk to a pharmacist:

• skin rash, red itchy skin

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 (website: www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

If the above applies to you, do not take this medicine and talk to your doctor or pharmacist.

Warnings and precautions
Talk to your doctor or pharmacist before taking Mebeverine:

• if you have developed new symptoms or your symptoms have become worse.

• if you have liver or kidney problems.

Children and adolescents
This medicine is not recommended for use in children and adolescents below 18 years old.

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

Mebeverine with alcohol
You can drink alcohol while you are taking Mebeverine.

Pregnancy and breastfeeding
If you are pregnant or breastfeeding, contact your doctor before:

• You may try to take the capsule 20 minutes before a meal – some people find their symptoms to be stronger after they have eaten.

• Swallow the capsule whole with a drink of water. Do not chew the capsule.

Adults (including the elderly)
• The recommended starting dose is one capsule twice a day.

If you take more Mebeverine than you should
If you get any of these serious side effects, stop taking the capsule and see your doctor.

• Difficulty in breathing, swelling of face, neck, tongue or throat (severe allergic reaction).

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Mebeverine with alcohol
You can drink alcohol while you are taking Mebeverine.

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

Pregnancy
There is only limited information about the safety of Mebeverine during pregnancy. Ask your doctor or pharmacist before you stop taking Mebeverine before you become pregnant or as soon as you know you are pregnant.

Breast-feeding
Mebeverine should not be used during breastfeeding.

Driving and using machines
This medicine is not likely to affect you being able to drive or operate machines.

Mebeverine contains Sucrose
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking the medicinal product.

How to take Mebeverine
Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

• Try to take the capsule 20 minutes before a meal – some people find their symptoms to be stronger after they have eaten.

• Swallow the capsule whole with a drink of water. Do not chew the capsule.

Adults (including the elderly)
• The recommended starting dose is one capsule twice a day.

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If you get any of these serious side effects, stop taking the capsule and see your doctor.

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If you have any further questions, ask your doctor or pharmacist.

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

If you get any of these serious side effects, stop taking the capsule and see your doctor.

• Difficulty in breathing, swelling of face, neck, tongue or throat (severe allergic reaction).

These other effects are less serious. If they bother you talk to a pharmacist:

• skin rash, red itchy skin

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Stop taking Mebeverine without talking to your doctor, even if you feel better.

If you stop taking Mebeverine
Do not take this medicine and talk to your doctor or pharmacist.

Keep out of the sight and reach of children.
Do not use this medicine after the expiry date which is stated on the blister and carton pack. The expiry date refers to the last day of that month.

Store Mebeverine in the original package.

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

What Mebeverine contains
The active ingredient is mebeverine hydrochloride.

Each capsule contains 200mg of mebeverine hydrochloride in a modified release formulation.

The other ingredients are:

• Capsule core
Sugar spheres (sucrose, maize)
Povidone Hydroxypropyl
• Capsule Coating
Ethylcellulose N-45
Microcrystalline cellulose
Magnesium stearate
• Capsule Shell
Gelatin Titanium dioxide (E172)

What Mebeverine looks like and the contents of the pack
Mebeverine comes as creamy white hard capsules, filled with white to off white coloured spherical pellets.

Pack contains 10, 30 or 60 capsules. All pack sizes contain the same active substance. The active substance is not an opioid.

Marketing Authorisation Holder and Manufacturer
Aspire Pharma Limited
Unit 4, Rotherbrook Court, Bedford Road, Petersfield Hampshire GU32 3QG, United Kingdom

Alternative Manufacturer
Wave Pharma Limited
Coppice Close, Burnt Oak, Hassocks, Haywards Heath, West Sussex, BN6 8AY, United Kingdom

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