

Alverine Mayloy Spindler, 60 mg hard capsules
Alverine citrate

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.

What is in this leaflet:

1. What Alverine Mayoly Spindler is and what it is used for
2. What you need to know before you take Alverine Mayoly Spindler
3. How to take Alverine Mayoly Spindler
4. Possible side effects
5. How to store Alverine Mayoly Spindler
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1. What Alverine Mayoly Spindler is and what it is used for

Alverine Mayoly Spindler is an anti-spasmodic medicine. It relaxes the muscles in the intestine (gut) and uterus (womb). This helps stop the pain you feel when the muscles become tense.

Alverine Mayoly Spindler is used:

- to help people who have Irritable Bowel Syndrome (IBS). Some of the symptoms of IBS are:
 - abdominal pains like cramp which come and go,
 - diarrhoea,
 - constipation,
 - feeling full and bloated,
 - wanting to go to the toilet urgently.Sometimes these symptoms are worse if you are worried or under stress.
- for a condition of the large intestine called painful diverticular disease of the colon.
- to relieve period pains.

Alverine Mayoly Spindler is intended for adults and adolescents over 12 years old.

2. What you need to know before you take Alverine Mayoly Spindler

Do not take Alverine Mayoly Spindler

- If you are allergic to the active substance (alverine citrate) or any of the other ingredients of this medicine (listed in section 6).
- If your doctor has told you that you have obstruction of the gut or that your small bowel is not working properly.

Precautions and warnings

If any of the following apply to you, you should not take Alverine Mayoly Spindler, as it may not be the right treatment for you. See your doctor as soon as possible if:

- you are aged 40 years or over.
- you have passed blood from the bowel.
- you are feeling sick or vomiting.
- you have lost your appetite or lost weight.
- you are looking pale and feeling tired.
- you are suffering from severe constipation.
- you have a fever.
- you have recently travelled abroad
- you have abnormal vaginal bleeding or discharge.
- you have difficulty or pain passing urine.

Consult your doctor if you have developed new symptoms, or if your symptoms worsen, or if they do not improve after 2 weeks treatment.

Children

Alverine Mayoly Spindler is not suitable for children under 12 years old.

Other medicines and Alverine Mayoly Spindler

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

Taking Alverine Mayoly Spindler with food

It does not matter if you take Alverine Mayoly Spindler with or without food.

Pregnancy, breast-feeding and fertility

You should not use this medicine if you are pregnant or if you are 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

If you feel dizzy while taking Alverine Mayoly Spindler you should avoid driving or operating machinery.

3. How to take Alverine Mayoly Spindler

Dosage

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

The recommended dose is 1 or 2 capsules taken up to 3 times a day.

Method of administration

Swallow the capsule with a glass of water.

Duration of treatment

Consult your doctor if your symptoms do not improve after 2 weeks treatment.

If you take more Alverine Mayoly Spindler than you should, contact a doctor.

If you forget to take Alverine Mayoly Spindler, take it when you remember. If you forget for more than 4 hours, just take the next dose when you remember it is due. Do not take a double dose to make up for a forgotten dose.

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

4. Possible side effects

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

Stop taking Alverine Mayoly Spindler and see your doctor as soon as possible if you notice:

- Difficulties in breathing, shortness of breath, wheezing, swelling of your face or other parts of your body, as serious allergic reactions have been known to occur.
- Yellowing of the whites of the eyes and the skin, as inflammation of the liver has been known to occur.

Other side effects may include:

- a feeling of sickness or dizziness,
- headache,
- allergic reactions, which may include itching or skin rash.

If you get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet.

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

United Kingdom
Yellow Card scheme
Website: www.mhra.gov.uk/yellowcard

Ireland
HPRA Pharmacovigilance
Earlsfort Terrace
IRL - Dublin 2
Tel: +353 1 6764971
Fax: +353 1 6762517
Website: www.hpra.ie
e-mail: medsafety@hpra.ie

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Alverine Mayoly Spindler

Keep this medicine out of the sight and reach of children.

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

This medicinal product does not require any special storage conditions.

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 Alverine Mayoly Spindler contains

- **The active substance is:** 60 mg alverine citrate.
 - **The other ingredients are:** pregelatinised starch, magnesium stearate.
Composition of the capsule shell: gelatin, titanium dioxide (E171).

What Alverine Mayoly Spindler looks like and contents of the pack

Alverine Mayoly Spindler is available in PVC/Aluminium blisters.
Each pack contains 3, 10, 12, 20, 30, 60, 90 or 100 hard capsules in blisters. The hard capsules are white and oblong.
Not all pack sizes may be marketed.

Marketing Authorisation Holder

Laboratoires Mayoly Spindler
6 avenue de l'Europe
B.P.51
78401 Chatou Cedex
France

Manufacturer

SOPHARTEX
21, rue du Pressoir
F-28500 Vernouillet
France

Health tips for you

Try to make your everyday life a bit healthier:

- Allow plenty of time to do things, and avoid stress
- Do not rush meals
- Try to eat a balanced diet with high fibre foods
- Do not eat foods which seem to make your IBS worse

This medicinal product is authorised in the Member States of the EEA under the following names:

United Kingdom: Alverine Mayoly Spindler, 60 mg hard capsules
Ireland: Alverine Mayoly Spindler, 60 mg hard capsules

This leaflet was last revised in 12/2015

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