

Package leaflet: Information for the patient

Gaviscon Advance Peppermint Oral Suspension Sachets
sodium alginate 500 mg
potassium hydrogen carbonate 100 mg

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

Always use this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again
- Ask your pharmacist if you need more information or advice
- 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.
- You must talk to a doctor if you do not feel better or if you feel worse after 7 days.

What is in this leaflet:

1. What Gaviscon Advance Sachets are and what they are used for
2. What you need to know before you take Gaviscon Advance Sachets
3. How to take Gaviscon Advance Sachets
4. Possible side effect
5. How to store Gaviscon Advance Sachets
6. Contents of the pack and other information

1. What Gaviscon Advance Sachets are and what they are used for

This product 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.

This medicine is used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion (related to reflux), for example, following meals or during pregnancy, or in patients with symptoms related to reflux oesophagitis.

You must talk to a doctor if you do not feel better or if you feel worse after 7 days.

2. What you need to know before you take Gaviscon Advance Sachets

Do not take Gaviscon Advance Sachets:

- if you know you are allergic to any of the ingredients (listed in section 6).

Warnings and precautions

This medicine contains 57.85 mg sodium (main component of cooking/table salt) in each 5 ml dose. This is the equivalent of 2.9% of the recommended maximum daily dietary intake of sodium for an adult.

Gaviscon Advance Sachets is indicated for short term treatment only unless advised by your healthcare professional. Talk to your pharmacist or doctor if you need Gaviscon Advance Sachets on a daily basis for a prolonged period of time or on a regular basis, especially if you have been advised to have a low salt diet.

This medicine contains 1.0 mmol (39.06 mg) potassium per 5 ml dose. To be taken into consideration by patients with reduced kidney function or patients on a controlled potassium diet.

This medicine contains 40 mg calcium per 5 ml dose.

If you have been advised to follow a diet restricted in any of these please consult your doctor before taking this product.

Also talk to your doctor or pharmacist if you need four or more daily doses for a prolonged period if you suffer or have suffered from significant kidney or heart disease, as certain salts could interfere with these diseases.

This medicine contains methyl (E218) and propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed)

Other medicines and Gaviscon Advance Sachets:

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).

Pregnancy and breast-feeding:

You can take Gaviscon Advance Sachets if you are pregnant or breast-feeding

Driving and using machines:

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

3. How to take Gaviscon Advance Sachets

Always take Gaviscon Advance Sachets exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

Adults including the elderly and children 12 years and over: one to two 5ml spoonfuls after meals and at bedtime or as directed.

Use in children and adolescents

Children under 12 years: should only be taken on medical advice.

Tear across perforated line. Squeeze liquid from bottom of sachet directly into mouth or onto a 5ml spoon.

If you forget to take Gaviscon Advance Sachets

If you forget a dose it is not necessary to double the dose the next time. Just carry on taking the medicine at the recommended dose.

If symptoms persist after 7 days consult your doctor.

If you take more Gaviscon Advance Sachets than you should

If you take too much Gaviscon Advance Sachets you may feel bloated and experience some abdominal discomfort. Consult your doctor or pharmacist if this doesn't go away.

4. Possible side effects

Like all medicines this medicine can cause side effects, although not everybody gets them. Very rarely (less than 1 in 10,000) 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.

Uncommonly reported side effects are diarrhoea, nausea and vomiting. If you experience these side-effects stop taking the product and consult your doctor immediately.

Reporting of side effects

If you get any side effects talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRAs Pharmacovigilance. Website: www.hpra.ie

5. How to store Gaviscon Advance Sachets

Keep this medicine out of the sight and reach of children. Do not use after the expiry date (EXP: month/year) shown on this pack. The expiry date refers to the last day of that month.

Do not refrigerate.

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 product contains:

Each 5 ml dose of oral suspension contains 500 mg sodium alginate and 100 mg potassium hydrogen carbonate.

The other ingredients are: calcium carbonate, carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, sodium saccharin, sodium hydroxide, peppermint flavour and purified water.

What this product looks like and contents of the pack:

Off-white viscous oral suspension in sachets. Available in cartons containing 2, 4, 10, 12, 20, 24 or 48 sachets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer:

RB NL Brands B.V. Schiphol Blvd 207, 1118 BH Schiphol, NL

PA Holder: Reckitt Benckiser Ireland Ltd., 7 Riverwalk, Citywest Business Campus, Dublin 24.

This leaflet was last revised in November 2021

Gaviscon Advance and the sword and circle are trademarks