

## PATIENT INFORMATION LEAFLET: INFORMATION FOR THE USER

### Colpermin® IBS Relief Capsules (peppermint oil)

#### 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 Colpermin 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 2 weeks.
- If any of the side effects get serious or if you notice any side effects not listed in this leaflet, please contact your doctor or pharmacist.

#### In this leaflet

1. What Colpermin is and what it is used for
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#### 1. WHAT COLPERMIN IS AND WHAT IT IS USED FOR

Colpermin is an antispasmodic which is used to relieve the bloating, painful spasms and cramps which occur in the large bowel in Irritable Bowel Syndrome (IBS). The capsules contain peppermint oil, which relaxes the spasm of the bowel wall. This relieves pain and allows pockets of gas, which may have made you feel bloated, to pass along the bowel and out of the body.

Irritable Bowel Syndrome is a condition in which there is pain, spasm and bloating at almost any point between the groin, the navel and the sides, sometimes accompanied by diarrhoea and constipation. The symptoms may be more noticeable when you are feeling stressed and anxious.

#### 2. BEFORE YOU TAKE COLPERMIN

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

##### Do not take this medicine

- If you are allergic to peppermint oil, or any of the other ingredients of this medicine (listed in section 6).
- If you are **allergic to peanuts or soya**.

If any of these apply to you, **get advice from your doctor or pharmacist without using Colpermin**.

##### Warnings and precautions

- If this is the first time you have suffered from these symptoms.
- If your symptoms worsen or do not improve within 2 weeks.
- If you already suffer from heartburn as you may experience a worsening of this condition when taking Colpermin. If heartburn symptoms worsen you should stop taking Colpermin.

#### Taking other medicines

##### Talk to your doctor or pharmacist

- If you are taking any indigestion remedies.

##### If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant, planning a pregnancy, suspect you are pregnant or breast-feeding.

##### Some of the ingredients can cause problems

- This product contains arachis oil (peanut oil). Do not use this medicine if you are allergic to peanut or soya.
- Peppermint oil can cause allergic reactions.

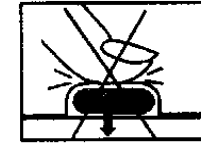
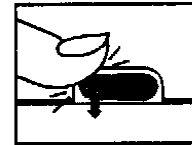
##### Taking with food, drink and alcohol

- Avoid alcoholic drink.

### 3. HOW TO TAKE COLPERMIN

#### Check the table to see how much medicine to use.

- For oral use. Swallow capsules with a small quantity of water.
- Do not take the capsules immediately after food.
- Do not eat 30-60 minutes after taking the capsule.
- Do not take the capsules at the same time as indigestion remedies as they may damage the capsules.
- Do not chew or break the capsules before swallowing.
- Colpermin capsules are hard gelatine capsules. There is a chance that the capsules could break when they are pushed out. Push out the capsules from the blister pocket with slight pressure toward the end of the capsule. See diagram.



##### Children under 15 years

Colpermin is not recommended for children under 15 years old.

##### Adults and children 15 years and over

Age	Dose
Adults and children 15 years and over	Take <b>one capsule</b> three times a day.
If symptoms are severe, the dose can be increased to <b>two capsules</b> taken three times a day.	
<ul style="list-style-type: none"><li>• Do not take capsules immediately after food.</li><li>• The capsules should be taken until symptoms are resolved, normally within one to two weeks.</li><li>• If you experience new symptoms or worsening of existing symptoms, consult your doctor.</li></ul>	

##### If anyone has taken too much

If anyone has taken too many capsules, contact a doctor or your nearest Accident and Emergency department taking this leaflet and pack with you.

##### If you forget to take the medicine

If you forget to take a dose, take the next dose when needed. **Do not** take a double dose.

#### 4. POSSIBLE-SIDE EFFECTS

Colpermin can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

**If you experience the following, stop using the medicine and seek immediate medical help:**

- An allergic reaction to peppermint oil or menthol.

**If you experience the following, stop using the medicine and contact your doctor or pharmacist.**

- Burning sensation in mouth and throat.
- Dysepsia (indigestion).
- Heartburn.
- Nausea or vomiting.
- Anal discomfort.

If you notice any side-effects not included in this leaflet or you are not sure about anything, **talk to your doctor or pharmacist.**

#### 5. HOW TO STORE COLPERMIN

**Keep all medicines out of the sight and reach of children.**

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

Do not store above 25°C. Store in the original package to protect from light and moisture.

If you have unwanted medicine, return it to your Pharmacist for safe disposal.

If your capsules appear to be discoloured, damaged or show any other signs of deterioration, please return these to your pharmacist who will advise you further.

#### 6. FURTHER INFORMATION

##### **What's in the medicine?**

Each sustained release capsule contains 0.2ml Peppermint oil as the active ingredient.

Other Ingredients: Gelatin, colloidal silica, titanium dioxide (E171), indigotine (E132), Eudragit L, Eudragit S, triethylcitrate, monostearin, macrogol 4000, talc, purified water, beeswax, refined arachis (peanut) oil, ammonia.

##### **What the medicine looks like**

Colpermin are enteric coated hard gelatin capsules coloured light blue/dark blue, with a blue band between cap and body, containing an oily mixture with an odour of peppermint.

Colpermin are supplied in blister packs of 20 capsules.

Manufactured by: McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

Procured from within the EU by the Parallel Product Authorisation holder:  
Imbat Ltd, Unit L2, North Ring Business Park, Santry, Dublin 9.

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