

# **MAALOX SACHETS 460mg/400mg Oral Suspension**

*aluminium hydroxide*  
*magnesium hydroxide*

**Is this leaflet hard to see or read? Phone 01 403 5600 for help.**

**Read all of this leaflet carefully before you start taking this medicine.**

- 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. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

**In this leaflet:**

1. What Maalox is and what it is used for
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## **1. WHAT MAALOX IS AND WHAT IT IS USED FOR**

Maalox Sachets contains two different medicines. They are called Aluminium hydroxide and Magnesium hydroxide. They belong to a group of medicines called antacids. Maalox Sachets are used for:

- Heartburn or when your stomach has too much acid (indigestion)
- Lowering the amount of acid in your stomach or gut (intestine) when you have an ulcer.

Maalox works by lowering the amount of acid in your stomach.

## **2. BEFORE YOU USE MAALOX**

**Do not take Maalox if:**

- You are allergic (hypersensitive) to Aluminium hydroxide or Magnesium hydroxide or any of the other ingredients in Maalox Sachets (see Section 6: Further Information). Signs of an allergic reaction include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue.
- You are feeling very weak and have no energy (debilitated).
- You have kidney problems.
- You have low levels of phosphate (called 'hypophosphataemia'. This is shown up in blood tests.
- You have severe stomach pain.
- Your bowel is partially or fully blocked.

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Maalox.

### **Warnings & Precautions**

**Check with your doctor or pharmacist before taking this medicine if:**

- You suffer from porphyria
- You suffer from diabetes

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Maalox.

### **Taking other medicines**

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines you buy without a prescription, including herbal medicines.

Maalox should not be taken at the same time as other medicines. This is because Maalox can affect the way other medicines work.

**In particular, Maalox can affect the following medicines:**

- Medicines used to treat the heart such as digoxin, quinidine, metoprolol, atenolol, rosuvastatin or propranolol
- Medicines used to treat anaemia such as iron salts
- Medicines used to treat dyspepsia such as ranitidine and cimetidine
- Medicines used to treat malaria such as chlorquine
- Medicines used to treat some bone disorders such as diphosphonates
- Medicines used to treat some allergic, inflammatory or autoimmune disorders such as glucocorticoids
- Medicines used to treat kidney disorders such as citrates
- Medicines used to treat tuberculosis such as ethambutol or isoniazid
- Medicines used to treat bacterial infections such as fluoroquinolones or lincosamides
- Medicines used to treat infections such as ketoconazole, tetracyclines, cephalosporins such as cefpodoxime & cefdinir
- Medicines used to treat mental illness (psychosis) such as phenothiazines, neuroleptics
- Medicines used to treat increased amounts of potassium in the body such as polystyrene sulfonate
- Non-steroidal anti-inflammatories such as diflunisal or indometacine
- Medicines to treat thyroid problems such as levothyroxine
- Medicines to treat arthritis such as penicillamine
- Vitamins

### **Pregnancy and breast-feeding**

Talk to your doctor or pharmacist before taking this medicine if:

- You are pregnant, might become pregnant, or think you may be pregnant.
- You are breast-feeding or planning to breast-feed

You should not take Maalox during the first three months of pregnancy.

### **Important information about some of the ingredients of Maalox**

Maalox Sachets contains 140mg of sorbitol (E420). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. This product also contains 3144.32mg of sucrose per dose. This should be taken into account in patients with diabetes mellitus. May be harmful to teeth.

### **3. HOW TO TAKE MAALOX**

Adults: Take one to two sachets twenty minutes to one hour after meals and at bedtime as required or as directed by your doctor. If symptoms persist contact your doctor. Do not take more than eight in a 24 hour period or use the maximum dosage for more than 2 weeks, except under the direction of your doctor.

#### **If you take more Maalox than you should**

Talk to your doctor or go to a hospital straight away. Remember to take any medicine that is left with you so the doctor knows what you have taken.

### **4. POSSIBLE SIDE-EFFECTS**

Like all medicines, Maalox can cause side effects, although not everybody gets them. **Tell your doctor or pharmacist if any of the following side effects get serious or lasts longer than a few days. Also tell them if you notice any side effects not listed in this leaflet:**

- Constipation
- Diarrhoea
- Allergic or anaphylactic reaction, signs include: red and lumpy skin rash, swollen eyelids, face, lips, mouth or tongue, itching, difficulty breathing or swallowing
- Hypophosphatemia, this may occur at high doses of the product or even at normal doses, especially in patients with low phosphorus diets or in infants less than 2 years
- Hypermagnesemia is an electrolyte disturbance where there is an abnormally elevated level of magnesium in the body
- Hyperaluminemia is an electrolyte disturbance where there is an abnormally elevated level of aluminium in the body

These side effects can happen, but are not common.

#### 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 HPRC Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. HOW TO STORE MAALOX**

Keep this medicine in a safe place where children cannot see or reach it.  
Do not use Maalox after the expiry date which is stated on the sachet and carton after EXP. The expiry date refers to the last day of that month.  
After first opening the sachet use immediately.  
Maalox Sachets do not require any special storage conditions.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## **6. FURTHER INFORMATION**

### **What Maalox contains**

Each sachet contains Aluminium hydroxide 460mg and Magnesium hydroxide 400mg as the active ingredients. Other ingredients include sucrose solution, sorbitol liquid (non-crystallising), xanthan gum, guar, sodium chloride, hydrogen peroxide solution and natural lemon lime flavour.

### **What Maalox looks like and contents of the pack**

Maalox 4.3ml sachets contain a white to faintly yellow oral suspension. The sachets are packed in cartons containing 20 sachets.

### **Marketing Authorisation Holder and Manufacturer**

#### **Marketing Authorisation Holder:**

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#### **Manufacturer:**

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