

## PACKAGE LEAFLET INFORMATION FOR THE USER

Gaviscon Extra Chewable  
Tablets

Sodium alginate 500mg, sodium bicarbonate 213mg, and  
calcium carbonate 325mg.

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

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist 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 are Gaviscon Extra Chewable Tablets and what are they used for?
2. What you need to know before taking Gaviscon Extra Chewable Tablets.
3. How to take Gaviscon Double Action Tablets.
4. Possible side-effects.
5. How to store Gaviscon Extra Chewable Tablets.
6. Contents of the pack and further information.

### 1. WHAT ARE GAVISCON EXTRA CHEWABLE TABLETS AND WHAT ARE THEY USED FOR?

Gaviscon Extra Chewable Tablets are a combination of two antacids (calcium carbonate and sodium bicarbonate) and an alginate and work in two ways:

1. Neutralising excess stomach acid to relieve the pain and discomfort.
2. Forming a protective barrier over the stomach contents to soothe the burning pain in your chest.

This medicine is used for the treatment of acid related symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion which may occur, for example, following meals, or during pregnancy.

### 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE GAVISCON EXTRA CHEWABLE TABLETS:

**Do not take Gaviscon Extra Chewable Tablets:**

If you know you are allergic to any of the ingredients of this medicine (listed in section 4)

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**Talk to your doctor or pharmacist before using Gaviscon Extra Chewable Tablets if you**

- have **severe kidney problems**
- have electrolyte disturbance causing **low level of phosphate** in the

blood

(hypophosphatemia).

- suffer or have suffered from significant **kidney or heart disease**, as certain salts could interfere with these diseases (talk to your doctor regarding the salt content).
- know you have reduced amounts of gastric acid in your stomach, as this product may be less effective.

As with other antacid products, taking Gaviscon Extra Chewable Tablets can mask the symptoms of other more serious, underlying medical conditions.

If symptoms persist after 7 days consult your doctor.

## Children

Do not give this medicine to a child under 12 years of age except on the advice of a doctor.

There is a risk of increased levels of sodium in the blood (hypernatremia) in children who have kidney problems or who have an inflamed stomach or bowel (gastroenteritis)

## Other medicines and Gaviscon Extra Chewable Tablets:

Do not take this medicine within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines.

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines obtained without prescription,

## Pregnancy, breast-feeding and fertility:

You can take this product if you are pregnant or breast-feeding or planning to have a baby. As with all medicines, the treatment duration should be limited as much as possible.

## Important information about some of the ingredients of Gaviscon Extra Chewable tablets

Contains a source of phenylalanine. May be harmful for people with phenylketonuria. These tablets contain carmoisine lake (E122) which may cause an allergic reaction. They also contain 110.75 mg (4.82 mmol) sodium per dose. To be taken into consideration by patients on a controlled sodium diet. They also contain 130 mg (3.25 mmol) calcium per dose. Speak to a doctor before taking this medicine if you have kidney stones or high levels of calcium in your blood.

## 3. HOW TO TAKE GAVISCON EXTRA CHEWABLE TABLETS:

Always use this medicine 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.

For oral administration, chew thoroughly before swallowing.

**Adults including the elderly and children 12 years and over:** When symptoms occur take two to four tablets after meals and at bedtime up to four times a day.

**Children under 12 years old:** Should only be taken on medical advice.

## If you take more Gaviscon Extra Chewable Tablets than you should

If you take too much of this product it is unlikely to cause you any harm. However, you may feel bloated. Consult your doctor if this doesn't go away.

**If you forget to take Gaviscon Extra Chewable Tablets**

If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

**4. POSSIBLE SIDE EFFECTS:**

Like all medicines Gaviscon Extra Chewable Tablets can cause side effects although not everybody gets them. If you experience these side effects, stop taking the product and consult your doctor immediately. Very rare (less than 1 in 10,000) chance of an allergic reaction to the ingredients. Symptoms of this may include abdominal pain, diarrhoea, nausea, vomiting, skin rash, itching, difficulty breathing, dizziness, or swelling of the face, lips, tongue or throat and difficulty in breathing.

**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, 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).

**5. HOW TO STORE GAVISCON EXTRA CHEWABLE TABLETS:**

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

Do not use this product after the expiry date which is stated on the carton after EXP(month/year). The expiry date refers to the last day of that month.

Do not store above 30°C (25°C for the handypack) and store in the original package to protect from moisture.\*

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. CONTENTS OF THE PACK AND FURTHER INFORMATION****What Gaviscon Extra Chewable Tablets contain**

The active substances in each chewable tablet are 250 mg sodium alginate, 106.5 mg sodium bicarbonate and 187.5 mg calcium carbonate. The other ingredients are xylitol, carmellose sodium, magnesium stearate, macrogol 20,000, mannitol (E421), copovidone, acesulfame-K, aspartame (E951), mint flavour and carmoisine lake (E122). This product does not contain sugar or gluten.

**What Gaviscon Extra Chewable Tablets look like and the contents of the pack**

Gaviscon Extra Chewable tablets are flat, circular, bi-layer tablets with the odour and flavour of peppermint. One layer of the tablet is coloured pink with a slightly mottled appearance, with the other layer being white.

Gaviscon Extra Chewable Tablets are available in packs of 4, 6, 8, 10, 12, 16, 24, 32, 48, 60, 62, 64 and 80 chewable tablets. Not all pack sizes may be marketed.

**Marketing Authorisation Holder:** Reckitt Benckiser Ireland Limited, 7 Riverwalk, Citywest Business Campus, Dublin 24

**Manufacturer**

Reckitt Benckiser Healthcare (UK) Ltd., Hull HU8 7DS, UK

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