

**PATIENT INFORMATION LEAFLET**  
**GAVISCON PEPPERMINT LIQUID**  
**RELIEF**

Sodium alginate  
Sodium bicarbonate  
Calcium carbonate

Please read this leaflet carefully before you take this medicine. If you are not sure about anything ask your pharmacist or doctor.

**What is Gaviscon Peppermint Liquid Relief and what is it used for?**

Gaviscon Peppermint Liquid Relief belongs to a group of medicines called 'reflux suppressants', which form a protective layer on top of the stomach contents to prevent stomach acid escaping from the stomach where it works into the food pipe causing pain and discomfort. Gaviscon Peppermint Liquid Relief is used for the treatment of symptoms of

gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion, which may occur, for example, following meals or during pregnancy.

**Before using Gaviscon Peppermint Liquid Relief**

**Do not take this product if:**

- You know you are allergic to any of the ingredients as very rarely difficulty in breathing and skin rashes have occurred (see further information for a full list of ingredients).

**Take special care before treatment with Gaviscon Peppermint Liquid Relief:**

This medicine contains small amounts of sodium (6.2mmol per 10ml). If you have been advised to follow a low sodium (salt) diet ask your doctor before taking this product.

This product contains methyl (E218) and propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed). You can take this product if you are pregnant or breast feeding.

**Taking Other Medicines**

Do **not** take this product within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines. This is especially important if you are taking antihistamines, antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, antifungals such as ketoconazole, digoxin and beta-blockers (for heart conditions), neuroleptics (for mental illness), thyroxine, chloroquine (for malaria) and bisphosphonates (for osteoporosis).

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**How to take Gaviscon Peppermint Liquid Relief**

Check that the cap seal is unbroken before first using this product. For oral use. Shake well before use.

**Adults and children 12 years and over:**

Take 10-20ml (two to four 5ml spoonfuls) after meals and at bedtime, up to four times a day.

**Children 6 to 12 years:** 5-10 ml (one to two 5ml spoonfuls) after meals and at bedtime, up to four times a day.

**Children under 6 years:** Not recommended.

If you take too much of this product you may feel bloated. It is unlikely to cause you any harm, but please consult your doctor or pharmacist. If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

**After taking Gaviscon Peppermint Liquid Relief:**

If symptoms persist after 7 days consult your doctor.

**Possible side effects**

Very rarely (less than 1 in 10,000 patients treated) an allergic reaction to the ingredients may occur. Symptoms of this may include skin rash, difficulty in breathing, dizziness, or swelling of the face, lips, tongue or throat. If you experience these or any other side-effects stop taking the product and consult your doctor or pharmacist.

**How to store Gaviscon Peppermint Liquid Relief**

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

Do not use after the expiry date shown on the pack (EXP month/year). Do not store above 30°C. Do not refrigerate or freeze.

**Further information:**

Each 10 ml oral suspension contains 500 mg sodium alginate, 267 mg sodium bicarbonate and 160 mg calcium carbonate as the active ingredients. The other ingredients are carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, sodium saccharin, peppermint oil, sodium hydroxide and water. This product does not contain sugar or gluten.

Gaviscon Peppermint Liquid Relief is available in bottles of 150, 200, 300 and 600ml.

**Marketing Authorisation Holder and Manufacturer:**

Reckitt Benckiser Healthcare (UK) Limited, Dansom Lane, Hull, HU8 7DS.

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