

## **Gaviscon Double Action Tablets. Sodium alginate, sodium bicarbonate and calcium carbonate.**

### **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 this medicine 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 7 days.
- If any of the 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 are Gaviscon Double Action Tablets and what are they used for?
2. Before taking Gaviscon Double Action Tablets.
3. How to take Gaviscon Double Action Tablets.
4. Possible side-effects.
5. How to store Gaviscon Double Action Tablets.
6. Further information.

### **1. WHAT ARE GAVISCON DOUBLE ACTION TABLETS AND WHAT ARE THEY USED FOR?**

Gaviscon Double Action 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. BEFORE YOU TAKE GAVISCON DOUBLE ACTION TABLETS:**

#### **Do not take Gaviscon Double Action Tablets:**

If you know you are allergic (hypersensitive) to any of the ingredients of Gaviscon Double Action Tablets as very rarely difficulty in breathing and skin rashes have occurred (see further information for a full list).

#### **Take special care with Gaviscon Double Action Tablets**

This medicine contains small amounts of sodium (4.82 mmol per two tablet dose) and calcium (3.75 mmol per two tablet dose).

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

Please also talk to your doctor regarding these salt contents if you suffer or have suffered from kidney or heart disease, as certain salts could interfere with these diseases.

Please consult your doctor if you know you have reduced amounts of gastric acid in your stomach, as this product may be less effective.

Gaviscon Double Action should not be used in patients with severely impaired renal function and in patients with hypophosphatemia;

Prolonged use should be avoided.

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

If symptoms persist after 7 days consult your doctor.

#### **Taking other medicines:**

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 and breast-feeding:**

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

#### **Important information about some of the ingredients of Gaviscon Double Action tablets**

If you have phenylketonuria, note that the product is sweetened with aspartame (E951), a source of phenylalanine.

These tablets contain carmoisine lake (E122) which may cause an allergic reaction.

### **3. HOW TO TAKE GAVISCON DOUBLE ACTION TABLETS:**

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 Double Action 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 Double Action 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 Double Action 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 skin rash, itching, difficulty breathing, dizziness, or swelling of the face, lips, tongue or throat. If any of the side effects gets serious, or you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side effects via the internet at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

Alternatively you can call Freephone 0808 100 3352 (available from 10 a.m. to 2 p.m. Mondays to Fridays) or fill in a paper form available from your local pharmacy.

### **5. HOW TO STORE GAVISCON DOUBLE ACTION TABLETS:**

Do not use this product after the expiry date (EXP: month/year) shown • Keep out of the reach and sight of children. • Do not store above 30°C 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. FURTHER INFORMATION**

#### **What Gaviscon Double Action 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 Double Action Tablets look like and the contents of the pack**

Gaviscon Double Action 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 Double Action Tablets are available in packs of 4, 6, 8, 16, 24, 32, 48, 60, 62, 64 and 80 chewable tablets.

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

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

### **This medicinal product is authorised in the member states of the EA under the following names:**

UK Gaviscon Double Action Tablets

