

Information for the user

Boots Pharmacy IBS Relief 135 mg Tablets (Mebeverine Hydrochloride)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it 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 pharmacist or doctor if your symptoms worsen or do not improve after 14 days

What this medicine is for

This medicine contains Mebeverine Hydrochloride which belongs to a group of medicines called antispasmodics, which act in the gut to relieve spasm and associated pain.

It can be used to relieve the symptoms of irritable bowel syndrome which is characterised by colicky stomach pain and cramps, bloating, wind and persistent, non-specific diarrhoea with or without alternating constipation.

Before you take this medicine

This medicine can be taken by adults of 18 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains lactose and sucrose)
- **If you are breastfeeding**

! Talk to your doctor:

- If this is the first time you have had these symptoms
- If you are aged 40 years or over
- If you have passed blood in your stools
- If you are feeling sick or being sick
- If you are looking pale and feeling tired
- If you are suffering from severe constipation
- If you have a fever
- If you have recently travelled abroad
- If you have difficulty or pain in passing urine
- If you have abnormal vaginal bleeding or discharge
- If you are pregnant or think you may be

If you take other medicines

This medicine is not expected to affect any other medicines that you may be taking.

If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

| Age | How many to take | How often to take |
|-----------------------------|------------------|---------------------------------------------------|
| Adults of 18 years and over | One | 3 times a day, preferably 20 minutes before meals |

Swallow the tablet whole with a glass of water. Do not chew the tablet.

Do not give to children or adolescents under 18 years.

Do not take more than the amount recommended above.

If symptoms do not go away within 14 days talk to your doctor.

If symptoms worsen at any time, or if you get new symptoms, talk to your doctor.

! If you take too many tablets: Talk to a doctor straight away.

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these serious side effects, stop taking the tablets. See a doctor at once:

- Difficulty in breathing, swelling of face, neck, tongue or throat (severe allergic reactions)

These other effects are less serious. If they bother you talk to a pharmacist:

- Skin rash, red itchy skin

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

How to store this medicine

Do not store above 30°C. Store in the original package.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

Each tablet contains Mebeverine Hydrochloride 135 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain lactose, starch (potato or maize), povidone, talc, magnesium stearate, sucrose, gelatin, acacia, carnauba wax.

The pack contains 15 round white sugar coated tablets.

Who makes this medicine

Manufactured for Boots Pharmacy Nottingham NG2 3AA by Solvay Pharmaceuticals 01400 Châtillon-sur-Chalarnonne France. Marketing Authorisation held by Solvay Healthcare Limited Mansbridge Road West End Southampton SO18 3JD

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.