



IBS Relief

(Mebeverine Hydrochloride)

The name of your medicine is IBS (Irritable Bowel Syndrome) Relief.

Each tablet contains Mebeverine Hydrochloride B.P. 135 mg as the active ingredient.

Also contains: Lactose, Starch (Potato or Maize), Povidone, Talc, Magnesium Stearate, Sucrose, Gelatin, Acacia, Carnauba Wax.

Each pack contains 15 tablets.

IBS Relief belongs to a group of medicines called anti-spasmodics which help relieve muscle spasm and associated pain in the gastrointestinal tract.

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Solvay Pharmaceuticals BV Veerweg 12 8121AA Olst The Netherlands. The Product Licence holder is Solvay Healthcare Limited Southampton SO18 3JD.

What is your medicine for?

IBS Relief is for the symptomatic relief of irritable bowel syndrome characterised by colicky abdominal pain and cramps, bloating, wind and persistent, non-specific diarrhoea, with or without alternating constipation.

Before taking your medicine

If you have not suffered from IBS before, or you have developed new symptoms, or your symptoms have got worse, please see your doctor before using any IBS treatment.

You must tell your doctor if the answer to any of the following questions is YES.

- Are you allergic to any of the ingredients?
- Are you pregnant, planning to become pregnant or breastfeeding?

Even if you have had IBS before, if any of the following apply this time, please contact your doctor who can decide whether IBS Relief is the right treatment:

- Are you aged 40 years or over and your symptoms have changed, or it is some time since you last suffered from IBS?
- Are you feeling sick or vomiting?
- Are you looking pale and feeling tired?
- Are you suffering from severe constipation?
- Have you passed blood from the bowel?
- Have you lost your appetite or lost weight?
- Have you recently travelled abroad?
- Have you abnormal vaginal bleeding or discharge?
- Have you difficulty or pain passing urine?
- Do you have a fever?

If in doubt, talk to your doctor.

How to take your medicine

Check that the foil packaging is not broken before use.

Adults (including the elderly) and Children over 10 years: One tablet to be swallowed with water 3 times daily, preferably 20 minutes before meals. Do not chew the tablets.

Do not take more than 3 tablets in any 24 hour period.

Children under 10 years: Not recommended.

DO NOT EXCEED THE STATED DOSE

Consult your doctor if you have developed new symptoms, or if your symptoms worsen or do not improve after 2 weeks of treatment.

What if you take too many?

If you take too many tablets, talk to a doctor or your nearest hospital casualty department straight away. Take your tablets with you.

What if you forget to take your medicine?

Just take the medicine when the next dose is due. Never double up for a dose missed.

After taking your medicine

Very rarely, people taking IBS Relief may develop allergic reactions. These may include inflamed or reddened skin, itching or skin rashes. If you develop swelling of the face, lips and/or tongue, stop taking IBS Relief and contact your doctor immediately. If you notice any side effects not mentioned in this leaflet, tell your doctor or a pharmacist.

Storing your medicine

Do not take your tablets after the 'Exp' date. Keep them in their original pack.

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

KEEP ALL MEDICINES OUT OF THE REACH OF CHILDREN, PREFERABLY IN A LOCKED CUPBOARD.

If you have any questions or are not sure about anything, ask your pharmacist or doctor. They can obtain any additional information about this medicine if necessary.

This leaflet was revised in August 2000.