



motilium[®]

domperidone

- This medicine is used for **two** reasons, which have **different treatment durations**. See Section 1 ►
- This medicine is for use by adults and children aged 16 years and over.
- **Do not take this medicine:**
 - There are some people who should not use this medicine. *To find out if you are one of them. See Section 2 ►*
 - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients. See Section 6 ►*
- **Speak to your doctor:**
 - If you suffer from any of the conditions mentioned in Section 2 ►
 - If you are taking any **other medicines**. See Section 2 ►
- **Follow the dosage instructions carefully.** These are shown in the dosage table. See Section 3 ►

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

1 What the medicine is for

Motilium Instants is a medicine which is used for **two** reasons, which have **different treatment durations**.

- To treat short lived episodes of **nausea** (feeling sick or queasy) and **vomiting** (being sick) of less than **48 hours** duration.
- To relieve **nausea, fullness, belching, heavy bloated stomach, trapped wind and heartburn** which can happen after a meal for treatment periods of up to **2 weeks**. This may be because the stomach's digestive rhythm has slowed down and is not moving food contents in the right direction through the digestive system as efficiently as it needs to.

The tablets contain domperidone, which works by helping your stomach to move food contents through your digestive system normally and in the right direction, so that they don't stay too long in one place.

This medicine is for use in adults and children aged 16 years and over.

2 Before taking this medicine

This medicine is suitable for most adults and children aged 16 years and over, but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

X Do not take this medicine...

- If you have ever had a **bad reaction** to any of the ingredients.
- If you have a **disease of the pituitary gland** (prolactinoma).
- If you have an underlying illness affecting the **digestive system**, for example:
 - A **stomach** or **duodenal ulcer**.
 - A **blocked** or **perforated gut**.
 - **Your bowel motions (stools)** are often black.
 - You frequently have **severe stomach cramps**.
- If you have **kidney** or **liver problems**.
- If you are taking any of the following **medicines**:
 - *Oral ketoconazole* (an **antifungal** medicine when taken by mouth).
 - *Oral erythromycin* (an **antibiotic**).

If any of these apply to you, **get advice from a doctor or pharmacist without taking Motilium Instants**.

! Talk to your doctor or pharmacist...

- If you suffer from **phenylketonuria**.
- If you are taking any **other medicines**.

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist**.

! If you are pregnant or breast-feeding

- Do not take if you are pregnant or think you might be pregnant.
- Do not take this medicine if you are breast-feeding unless your doctor or another health care professional has told you to.

! Some of the ingredients can cause problems

- Aspartame (E951) contains a source of phenylalanine which may be harmful for people with phenylketonuria.

! Special warnings about use in travel sickness

- This product should not be used to treat travel sickness. Speak to your doctor or pharmacist about suitable treatments.

3 How to take this medicine

Check the tables that follow to see how much medicine to take.

- Peel back the lid and tip the tablet out. Do not push the tablet through the lid.
- Let the tablet melt on the tongue then swallow.
- For oral use only.
- Do not use more than the stated dose shown in the tables.
- The tablets are for **short term treatment** only.
- If symptoms of nausea (feeling sick) and vomiting (being sick) persist for more than **48 hours**, talk to your doctor.
- If symptoms of stomach discomfort which occur after a meal persist for more than **2 weeks**, talk to your doctor.

i Children under 16 years old

Do not give to children under 16 years old.

turn over ►



- i** **Adults and children aged 16 years and over**
To treat nausea (feeling sick) and vomiting (being sick) of less than 48 hours duration

Age	Dose
Adults and children aged 16 years and over	Take one tablet up to 3 times a day and one tablet at night.

- Do not take more than 4 tablets in any 24 hour period.
- If your symptoms get worse or the tablets have no effect, talk to your doctor.
- If symptoms of nausea and vomiting persist for more than **48 hours**, talk to your doctor.

- i** **Adults and children aged 16 years and over**
To treat stomach discomfort and nausea experienced after food or drink for up to 2 weeks

Age	Dose
Adults and children aged 16 years and over	Take one tablet up to 3 times a day and one tablet at night.

- Do not take more than 4 tablets in any 24 hour period.
- If your symptoms get worse or the tablets have no effect, talk to your doctor.
- If symptoms of stomach discomfort which occurs after a meal persist for more than **2 weeks**, talk to your doctor.

- !** **If anyone takes too much**
If anyone takes too many Motilium Instants tablets, contact a doctor or your nearest Accident and Emergency department (Casualty) taking this leaflet and pack with you.

- !** **If you forget to take the medicine**
You should only take this medicine as required following the dosage instructions above carefully. If you forget to take a dose, take the next dose when needed as long as you do not take more than 4 tablets in any 24 hour period.
Do not take a double dose.

4 Possible side-effects

Motilium Instants tablets can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience any of the following, stop using the medicine and seek immediate medical help:

Very rarely:

- Allergic reactions such as skin rash, itching, shortness of breath, wheezing and/or swollen face.
- Heart rhythm disorders.

If you experience any of the following, stop using the medicine and talk to your doctor:

Very rarely:

- Abnormal muscle movements or tremor (shaking).
- Trembling and muscle stiffness.
- Itchiness or hives.

Rarely:

- Sore or swollen breasts (even in men).
- Fluid leaking from the nipples.
- Stop in menstrual periods.

Other effects which may occur include:

Very rarely:

- Diarrhoea.

Rarely:

- Stomach cramps which are usually of short duration. If they last more than a day, consult your doctor or pharmacist.

If you experience any side-effects not included in this leaflet or are not sure about anything, **talk to your doctor or pharmacist.**

5 Storing this medicine

Keep the product out of the reach and sight of children.

Do not store above 25°C. Store in the original container to protect from moisture.

Do not use your medicine after the date shown as the expiry date on the packaging.

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 protect the environment.

6 Further information

What's in this medicine?

The active ingredient in Motilium Instants is: Domperidone 10 mg.

Other ingredients are: Gelatin, mannitol (E421), poloxamer 188, aspartame (E951) and mint flavour.

What the medicine looks like

Motilium Instants are off-white, melt in the mouth (orodispersible) tablets available in packs of 10 tablets.

Product Licence holder: McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

Manufacturer: Janssen Pharmaceutica NV, Turnhoutseweg 30, B-2340 Beerse, Belgium or Janssen-Cilag SpA, Via C. Janssen, Borgo San Michele, Latina, Italy.

This leaflet was revised March 2010.

Motilium Instants is a registered trade mark.

7 What you can do to help stop these symptoms

The type of nausea or upset stomach treated by Motilium Instants can be caused or aggravated by:

- Overeating, or very large meals.
- Eating too quickly.
- Certain 'triggers' such as coffee, fatty foods, or alcohol.

There are things you can do to help stop future attacks of this type of stomach problem:

Keep away from your 'triggers'. If there are certain foods, drinks or situations that you know bring on your symptoms try to cut them out or cut down.

Go easy on snacks. Snack foods often contain a lot of fat, and can make your symptoms worse.

Eat regularly. Have three or four meals a day, at the same times, and don't rush your meals.



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