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Information for the user

Travel Calm Tablets (Hyoscine Hydrobromide)

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

What this medicine is for

This medicine contains Hyoscine Hydrobromide which belongs to a group of medicines called anticholinergics. It can be used to prevent and relieve the unpleasant effects of travel sickness.

Before you take this medicine

This medicine can be taken by adults and children aged 3 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

✗ Do not take:

- If you are allergic to any of the ingredients
- If you have glaucoma
- If you have stomach problems or a blockage in your intestine
- If you are a man with prostate problems
- If you have an intolerance to some sugars, unless your doctor tells you to (this medicine contains glucose)
- If you are pregnant, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you have heart failure, or a fast heart beat
- If you have kidney or liver problems
- If you have an overactive thyroid
- If you have problems with your metabolism
- If you are elderly
- If you are breastfeeding

Other important information

Driving and using machines: This medicine may cause drowsiness. If affected do not drive or operate machinery.

Do not drink alcohol (e.g. wine, beer, spirits) whilst taking this medicine.

Information about some of the ingredients:

This medicine contains dextrose monohydrate, also known as glucose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Other anticholinergic medicines (e.g. amantidine for Parkinson's disease)
- Antihistamines (for treating allergy or hayfever)
- Butyrophenones, phenothiazines (for mental problems)
- Tricyclic antidepressants

If you are unsure about interactions with any other 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.

Chew or swallow the first tablet (or part tablet) twenty minutes before your journey begins.

Age	How many to take	How often to take it
Adults and children of 12 years and over	One tablet	Every 6 to 8 hours, if you need to. Don't take more than 3 tablets in 24 hours.
Children of 7 to 11 years	Half a tablet	Every 6 to 8 hours, if you need to. Don't give more than 3 half tablets in 24 hours.
Children of 3 to 6 years	Quarter of a tablet	Every 6 to 8 hours, if you need to. Don't give more than 3 quarter tablets in 24 hours.

Do not give to children under 3 years.

Do not take more than the amount recommended above.

! **If you take too many tablets:** Talk to your doctor or go to your nearest hospital casualty department. Take the medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some of these:

- Drowsiness, giddiness, staggering
- Dry mouth or nose, thirst, dry skin, difficulty in passing urine
- Increased pressure in the eye, dislike of bright light, widening of the pupils in the eye, changes in the muscles in the eye
- Changes in heart rate, fast, irregular heart beat
- Constipation, being sick
- Increased number of fits if you have epilepsy
- Occasionally, hallucinations and confusion, particularly in children

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or by searching for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

How to store this medicine

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. Do not store above 30°C.

What is in this medicine

Each tablet contains Hyoscine Hydrobromide 0.3 mg, which is the active ingredient. As well as the active ingredient, the tablets also contain glucose, stearic acid, magnesium stearate. The pack contains 12 round white tablets.

The tablets are scored on one side into a cross shape so that it can be broken into quarters.

Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA by Bristol Laboratories Ltd Northbridge Road Berkhamsted Herts HP4 1EG

Leaflet prepared June 2024

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

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Travel Calm Tablets

Reference number: 00014/5369

This is a service provided by the

Royal National Institute of Blind People

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