

Patient Information Leaflet

Fybogel Mebeverine

What is this product?

Each single dose sachet of granules contains 3.5g Ispaghula Husk BP and Mebeverine Hydrochloride BP in an orange flavoured base containing potassium hydrogen carbonate, sodium hydrogen carbonate, microcrystalline cellulose, eudragit, sterilized talc, macrogol, citric acid, polysorbate 80, silica colloidal anhydrous, saccharin sodium, aspartame, beta-carotene and apo-carotenal colouring. Fybogel Mebeverine is sugar free and gluten free.

Why should I take Fybogel Mebeverine?

This product is to relieve the symptoms of irritable bowel syndrome. If you have irritable bowel syndrome, you are likely to suffer from painful spasms of the gut and irregular bowel habits. Fybogel Mebeverine is a combination of active ingredients which are effective in relaxing the spasms of the gut, relieving pain. At the same time Fybogel Mebeverine will help you restore and maintain bowel regularity.

Before taking Fybogel Mebeverine

As with all medicines Fybogel Mebeverine may not be suitable for some people. Do not take Fybogel Mebeverine if your doctor has told you that you are suffering from a blockage of the bowel (intestinal obstruction or faecal impaction) or muscle weakness of the bowel wall (colonic atony). Do not take Fybogel Mebeverine if you have hypersensitivity to any of the ingredients. If this is the first time you have had these symptoms, consult your doctor before using Fybogel Mebeverine. Fybogel Mebeverine may not be the right treatment for you. Do not use it until you have seen a doctor if you:

- are aged 40 years or over
- have passed blood from the bowel
- are feeling sick or vomiting
- have lost your appetite or have lost weight
- are looking pale or feeling tired
- are suffering from severe constipation
- have a fever
- have recently travelled abroad
- are, or maybe, pregnant
- have abnormal vaginal bleeding or discharge
- have difficulty or pain passing urine
- have been prescribed diuretic medicine
- are on a controlled potassium or sodium diet, as each sachet contains 2.50 mmol of potassium and 2.56 mmol of sodium

Consult your doctor if you have developed new symptoms, or if your symptoms worsen, or if they do not improve after two weeks of treatment. Fybogel Mebeverine must be taken with an adequate

amount of liquid, as directed. Obstructions in the gut have been reported with hydrophilic mucilloid preparations, such as Fybogel Mebeverine when taken with insufficient liquid.

How should I use Fybogel Mebeverine?

Stir the contents of a sachet into a glass of cold water (approximately quarter pint or 150ml) and drink immediately. Do not take Fybogel Mebeverine without water. If you miss a dose simply continue with your treatment when the next dose is due. If you take too much Fybogel Mebeverine, drink plenty of water.

Dosage

ADULTS AND CHILDREN OVER 12: Should take Fybogel Mebeverine half an hour before a meal, one sachet in the morning and one in the evening, or as prescribed by your doctor. An additional sachet may be taken before the midday meal if necessary. Not recommended for children under 12.

What side-effects may occur?

You may experience flatulence or bloating for the first few days after starting this medicine, but these effects should lessen as you continue treatment. If you have any other unwanted side effects not mentioned above after taking this product tell your doctor or pharmacist.

Do not use after the expiry date shown on the pack. Store below 30°C. Store in the original package to protect from moisture.

KEEP ALL MEDICINES SAFELY AWAY FROM CHILDREN.