

# Spasmonal<sup>®</sup>

alverine citrate

Please read this leaflet carefully before taking your medicine. If you have any questions or are not sure about anything, ask your doctor or pharmacist.

## What is this medicine?

The name of this medicine is Spasmonal. Each capsule contains 60 milligrams of alverine citrate. This is the ingredient which makes Spasmonal work.

Spasmonal also contains maize starch, magnesium stearate, gelatin and colours (E132, E171, and E172).

Each pack contains 100, 20, 6 or 3 capsules.

The product licence holder of Spasmonal is

Norgine Ltd, Moorhall Rd, Harefield, Middlesex, UB9 6NS, UK.

It is made by Norgine Ltd, Hengoed, Mid Glamorgan CF82 8SJ, UK. Spasmonal is an 'antispasmodic' medicine. It relaxes the muscles in the intestine (gut) and uterus (womb). This helps to stop the pain you feel when these muscles tense up.

## What is Spasmonal used for?

Spasmonal is used to help people who have Irritable Bowel Syndrome (IBS). These are some of the symptoms of IBS:

- \* Tummy pains like cramp, which come and go
- \* Diarrhoea
- \* Feeling full and bloated
- \* Constipation
- \* Wanting to go to the toilet urgently

Sometimes these symptoms are worse if you are worried or under stress.

Spasmonal is also used for a condition of the large intestine called painful diverticular disease of the colon. It is also used to relieve period pains.

## Before you take Spasmonal

Do not take Spasmonal if

- \* you are allergic to any of the ingredients
- \* the doctor has told you that you have paralytic ileus
- \* you are pregnant
- \* you are breast feeding

## How to take Spasmonal

Always follow your doctor's instructions. The usual dose is 1 or 2 capsules at a time. Take this dose up to 3 times a day.

Swallow the capsules with a drink. Do not chew them.

Children under 12 years should not take Spasmonal.

If anyone takes too many capsules, contact the nearest hospital.

If you miss a dose, take it when you remember. If you forget for more than 4 hours, just take the next dose when you remember it is due.

## What about the side effects?

Usually there are no problems with Spasmonal. Rarely there is a feeling of sickness, dizziness, headache, allergy, rash or itching.

Always tell your doctor if you think Spasmonal is causing you a problem.

## How to store Spasmonal

Store your Spasmonal in a dry place at room temperature (below 25°C).

Keep all medicines away from children.

Do not use Spasmonal after the 'expiry' date shown on the pack.

## Health tips for you

Try to make your everyday life a bit healthier:

- \* Allow plenty of time to do things, and avoid stress
- \* Do not rush meals
- \* Try to eat a balanced diet and high fibre foods
- \* Do not eat foods which seem to make your IBS worse.

Date: November 1995