

### Pharmacy Action Diarrhoea Plus Gas Relief

*Loperamide hydrochloride and Simethicone chewable tablets*

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#### What is in this leaflet

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This leaflet answers some common questions about PHARMACY ACTION Diarrhoea Plus Gas Relief chewable tablets. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits.

If you have any concerns about using PHARMACY ACTION Diarrhoea Plus Gas Relief ask your doctor or pharmacist.

**Keep this leaflet with your medicine.** You may need to read it again.

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#### What PHARMACY ACTION Diarrhoea Plus Gas Relief is used for

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PHARMACY ACTION Diarrhoea Plus Gas Relief is used to treat acute diarrhoea.

PHARMACY ACTION Diarrhoea Plus Gas Relief also relieves the symptoms of too much gas such as abdominal pain, bloating, cramping and flatulence (wind).

PHARMACY ACTION Diarrhoea Plus Gas Relief makes the stools more solid and less frequent.

It does this by normalising the muscle contractions of the intestine. This allows the bowel

time to absorb water and produce a more solid stool.

PHARMACY ACTION Diarrhoea Plus Gas Relief also helps the body to get rid of excess gas trapped in the stomach and bowel.

Your doctor may have prescribed PHARMACY ACTION Diarrhoea Plus Gas Relief for another reason.

**Ask your doctor if you have any questions about why PHARMACY ACTION Diarrhoea Plus Gas Relief has been prescribed for you.**

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#### Before you take PHARMACY ACTION Diarrhoea Plus Gas Relief

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##### *When you must not take it*

**Do not take PHARMACY ACTION Diarrhoea Plus Gas Relief if:**

- you have an allergy to PHARMACY ACTION Diarrhoea Plus Gas Relief or any of the ingredients listed at the end of this leaflet (see Product Description).
- you are constipated, or have to avoid becoming constipated.
- you have severe diarrhoea with blood in the stools or fever.
- you have inflammation of the lower bowels (for example, ulcerative colitis or pseudomembranous colitis as a result of using antibiotics).
- you are breastfeeding.
- the packaging is torn or shows signs of tampering.

Do not use PHARMACY ACTION Diarrhoea Plus Gas Relief after the expiry date (month and year) printed on the pack. If you take PHARMACY ACTION Diarrhoea Plus Gas Relief after the expiry date it may not work.

Do not give PHARMACY ACTION Diarrhoea Plus Gas Relief to children under the age of 12 years.

##### ***Before you start to take it***

**You must tell your doctor or pharmacist if you:**

- are pregnant or planning to become pregnant;
- are breastfeeding;
- have, or have ever had, liver disease;
- have kidney disease;
- have AIDS (Acquired Immune Deficiency Syndrome);
- have glaucoma (pressure in the eye);
- have bladder problems;
- regularly drink a lot of alcohol.

##### ***Taking other medicines***

**Tell your doctor or pharmacist if you are taking any other medicines, including medicines you can buy without a prescription from a pharmacy, supermarket or health food shop.**

In particular, tell your doctor or pharmacist if you are taking any of the following:

- sleeping tablets or medicines to treat anxiety and nervousness;
- medicines to treat depression;

- medicines that slow down action of the stomach and intestines.

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## **Taking PHARMACY ACTION Diarrhoea Plus Gas Relief**

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### ***How to take it***

PHARMACY ACTION Diarrhoea Plus Gas Relief chewable tablets should be chewed, then swallowed. No liquid intake is necessary.

### ***How much to take***

#### **Adults and children aged 12 years and over:**

The usual adult dose is two PHARMACY ACTION Diarrhoea Plus Gas Relief chewable tablets initially, followed by one tablet after each loose, unformed stool as needed.

#### **Do not take more than four tablets in one day.**

Your doctor may prescribe a different dose for you.

#### **Children:**

**PHARMACY ACTION Diarrhoea Plus Gas Relief should not be given to children under 12 years of age.**

### ***If you forget to take it***

If you forget to take PHARMACY ACTION Diarrhoea Plus Gas Relief after an unformed stool, take it when you remember or after your next unformed stool.

#### **Do not take a double dose to make up for the dose you missed.**

If you are not sure what to do, check with your doctor or pharmacist.

### ***If you have taken too much (overdose)***

Immediately telephone your doctor or the Poisons Information Centre for advice, or go to Accident and Emergency at your nearest hospital. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Poisons Information Centre telephone numbers:

- Australia: 13 11 26

Keep these telephone numbers handy in case of an emergency.

If you take too much PHARMACY ACTION Diarrhoea Plus Gas Relief you may have any of the following symptoms: sleepiness, nausea and vomiting, constipation, difficulty passing urine, weak breathing, muscle stiffness, stupor, constriction of pupils, abdominal discomfort and distension, and unco-ordinated movements.

Children are more sensitive than adults to medicines such as PHARMACY ACTION Diarrhoea Plus Gas Relief. An accidental overdose is especially dangerous. Make sure PHARMACY ACTION Diarrhoea Plus Gas Relief is kept out of reach of children.

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## **While you are using PHARMACY ACTION Diarrhoea Plus Gas Relief**

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### ***Things you must do***

- If you do not improve after taking PHARMACY ACTION Diarrhoea Plus Gas Relief for 48 hours tell your doctor or pharmacist.
- Drink plenty of fluids, to avoid dehydration.
- Tell your doctor if diarrhoea persists beyond 48 hours.
- Tell your doctor if you become pregnant while taking

PHARMACY ACTION Diarrhoea Plus Gas Relief.

- Tell your doctor or pharmacist that you are taking PHARMACY ACTION Diarrhoea Plus Gas Relief if you are about to start taking a new medicine.

### ***Things you must not do***

- Do not take more than four tablets in one day.
- Do not use PHARMACY ACTION Diarrhoea Plus Gas Relief to treat any other complaint unless your doctor says so.
- Do not give this medicine to anyone else, even if they have the same symptoms as you.

### ***Things to be careful of***

#### **Effects on driving and operating machinery**

Tiredness, dizziness or drowsiness can be seen with diarrhoea. Therefore, it is advisable to use caution when driving or operating machinery.

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## **Side Effects**

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All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some side effects.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

#### **Tell your doctor if you experience any of the following and they worry you:**

- nausea or vomiting;
- headache, chills, fever;

- constipation dry mouth or bad taste;
- dizziness or drowsiness cough;
- rash and sweat;
- itching;
- difficulty passing urine;
- tiredness;
- abdominal pain/discomfort/distension;
- excessive flatulence indigestion;
- rapid heart rate.

These side effects are usually mild.

The above list does not represent all side effects that have been reported for PHARMACY ACTION Diarrhoea Plus Gas Relief. If you notice side effects not mentioned in this leaflet, please inform your pharmacist or doctor.

**STOP taking PHARMACY ACTION Diarrhoea Plus Gas Relief and tell your doctor immediately if you experience:**

- asthma, wheezing or shortness of breath;
- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing;
- sudden or severe blisters, itching, skin rash, hives;
- flaking or peeling of skin.

These are serious side effects. You may need urgent medical attention. Serious side effects are rare.

Other side effects not listed above may also occur in some people.

**Tell your doctor if you notice anything making you feel unwell when you are taking, or soon after you have finished taking PHARMACY ACTION Diarrhoea Plus Gas Relief.**

**Ask your pharmacist or doctor if you do not understand anything in this list.**

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**After using PHARMACY ACTION Diarrhoea Plus Gas Relief**

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**Storage**

Keep PHARMACY ACTION Diarrhoea Plus Gas Relief in the pack until it is time to take them.

Keep PHARMACY ACTION Diarrhoea Plus Gas Relief in a cool dry place where the temperature stays below 25°C.

Do not store PHARMACY ACTION Diarrhoea Plus Gas Relief, or any other medicine, in the bathroom or near a sink. Do not leave medicines in the car or on windowsills. Heat and dampness can destroy some medicines.

**Keep your medicines where children cannot reach them.** A locked cupboard at least one-and-a-half metres (1.5 m) above the ground is a good place to store medicines.

**Disposal**

If your doctor tells you to stop taking PHARMACY ACTION Diarrhoea Plus Gas Relief or your medicine has passed its expiry date, ask your pharmacist what to do with any medicine that is left over.

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**Product Description**

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**What PHARMACY ACTION Diarrhoea Plus Gas Relief looks like**

PHARMACY ACTION Diarrhoea Plus Gas Relief chewable tablets are white to off- white, round bevel edged, slightly mottled, uncoated, chewable tablets.

Each pack contains 2, 4, 6, 12 or 18 tablets.

**Ingredients**

Each PHARMACY ACTION Diarrhoea Plus Gas Relief chewable tablet contains 2 mg of loperamide hydrochloride and 125 mg of simethicone as the active ingredients.

The chewable tablets also contain:

- magnesium carbonate,
- calcium phosphate,
- glucose,
- lactose,
- povidone,
- silicon dioxide,
- acesulfame potassium,
- hypromellose,
- xylitol,
- stearic acid, and
- peppermint flavour.

The chewable tablets do not contain gluten.

**Sponsor**

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