1. WHAT ARE GAVISCON LIQUID SACHETS MINT FLAVOUR AND WHAT ARE THEY USED FOR?

Gaviscon Liquid Sachets Mint Flavour belongs to a group of medicines called "reflux suppressants", which form a protective layer on top of the stomach contents to prevent stomach acid escaping from the stomach to the oesophagus (food pipe).

This medicine is used for the treatment of symptoms of gastro-oesophageal reflux such as acid escaping from the stomach where it works into the food pipe causing pain and discomfort.

2. BEFORE TAKING GAVISCON LIQUID SACHETS MINT FLAVOUR

- **If you know that you are allergic (hypersensitive) to any of the ingredients of Gaviscon Liquid Sachets Mint Flavour or if you have an allergy to any of the ingredients of the following medicines:**
  - Pepto Bismol: Methyl (E218) and Propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed).
  - **Please also talk to your doctor regarding these salt contents if you suffer or have suffered from significant kidney or heart disease, as certain salts could interfere with these diseases.**

- If you are pregnant or breast-feeding.

- **If you are taking other medicines:**
  - Do not take this product within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines. This is especially important if you are taking omeprazole or lansoprazole (proton-pump inhibitors). Other medicines can also interact with Gaviscon Liquid Sachets Mint Flavour. Please consult your doctor.
  - Do not use Gaviscon Liquid Sachets Mint Flavour if you are taking the following medicines: 
    - All medicines from the group of antidepressants (for depression), antipsychotics (for mental illness), anticonvulsants (for epilepsy), antihistamines (for allergy), corticosteroids (for long-term treatment of asthma or inflammatory problems), non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen, and some antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, antifungals such as ketoconazole, digoxin and beta blockers (for heart conditions), penicillamine (commonly for patients with rheumatoid arthritis), cimetidine (for peptic ulcer disease) and salicylates (for platelet aggregation). 

3. HOW TO TAKE GAVISCON LIQUID SACHETS MINT FLAVOUR

- This medicine should be taken as directed by your doctor.
- For oral administration.
- Adults, including the elderly and children 12 years and over: One to two sachets after meals and at bedtime (every four to six hours). If symptoms persist consult your doctor.
- Children under 12 years: Should only be taken on medical advice.

4. POSSIBLE SIDE-EFFECTS

- **If you take more Gaviscon Liquid Sachets Mint Flavour than you should:**
  - If you take too much of this product it is unlikely to cause you any harm. However, you may feel a bit drowsy. If you experience drowsiness, talk to your doctor or pharmacist.

- **If you forget to take Gaviscon Liquid Sachets Mint Flavour:**
  - If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

5. HOW TO STORE GAVISCON LIQUID SACHETS MINT FLAVOUR

- **Do not use Gaviscon Liquid Sachets Mint Flavour after the expiry date which is stated on the pack:**
  - EXP: month/year. The expiry date refers to the last day of that month.
- **Keep away from other medicines and out of the reach and sight of children.**
- **Do not freeze or refrigerate.**
- **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 to protect the environment.**

6. FURTHER INFORMATION

- **What Gaviscon Liquid Sachets Mint Flavour contains:**
  - The active substances in each sachet (10 ml) of oral suspension contains 500 mg sodium bicarbonate and 160 mg calcium carbonate. The other ingredients are sodium alginate, 267 mg sodium bicarbonate and 160 mg calcium carbonate.
  - The medicinal product Gaviscon Liquid Sachets Mint Flavour is an off-white suspension with a mint odour and flavour of peppermint.
  - This product contains: methyl (E218) and propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed).

- **Important information about some of the ingredients of Gaviscon Liquid Sachets Mint Flavour:**
  - Sodium bicarbonate and calcium carbonate are available without prescription. However, you still need to take this medicine carefully to get the best results possible.
  - Keep this leaflet. You may need to read it again.
  - Ask your pharmacist if you need more information or advice.
  - You must contact a doctor if your symptoms worsen or do not improve after 7 days.
  - If any of the side-effects gets serious, or if you notice any side-effect not listed in this leaflet, please tell your doctor or pharmacist.

7. WHAT ARE GAVISCON LIQUID SACHETS MINT FLAVOUR AND WHAT ARE THEY USED FOR?

- Gaviscon Liquid Sachets Mint Flavour belongs to a group of medicines called “reflux suppressants”, which form a protective layer on top of the stomach contents to prevent stomach acid escaping from the stomach to the oesophagus (food pipe).
- This medicine is used for the treatment of symptoms of gastro-oesophageal reflux such as acid escaping from the stomach where it works into the food pipe causing pain and discomfort.

8. POSSIBLE SIDE-EFFECTS

- Like all medicines, Gaviscon Liquid Sachets Mint Flavour can cause side effects, although not everybody gets them.
- If you experience any of these side effects, stop taking the product and consult your doctor immediately.
- Very rare (less than 1 in 10,000) chance of an allergic reaction to the ingredients. Symptoms of an allergic reaction may include skin rash, itching, difficulty breathing, dizziness, or swelling of the face, lips, tongue or throat.
- 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: “http://www.mhra.gov.uk/yellowcard” or search 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.

9. FURTHER INFORMATION

- **Additional information:**
  - This leaflet was last approved in January 2019.
  - 19/08/03/08
  - Ref: TR1634392

- **Product License Holder and Manufacturer:**
  - Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS.
  - For oral administration.
  - Adults, including the elderly and children 12 years and over: One to two sachets after meals and at bedtime (every four to six hours). If symptoms persist consult your doctor.
  - Children under 12 years: Should only be taken on medical advice.

- **If you take more Gaviscon Liquid Sachets Mint Flavour than you should:**
  - If you take too much of this product it is unlikely to cause you any harm. However, you may feel a bit drowsy. If you experience drowsiness, talk to your doctor or pharmacist.

- **If you forget to take Gaviscon Liquid Sachets Mint Flavour:**
  - If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

- **POSSIBLE SIDE-EFFECTS:**
  - Like all medicines, Gaviscon Liquid Sachets Mint Flavour can cause side effects, although not everybody gets them.
  - If you experience any of these side effects, stop taking the product and consult your doctor immediately.
  - Very rare (less than 1 in 10,000) chance of an allergic reaction to the ingredients. Symptoms of an allergic reaction may include skin rash, itching, difficulty breathing, dizziness, or swelling of the face, lips, tongue or throat.
  - 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: “http://www.mhra.gov.uk/yellowcard” or search 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.

- **FURTHER INFORMATION:**
  - This leaflet was last approved in January 2019.
  - 19/08/03/08
  - Ref: TR1634392

- **Product License Holder and Manufacturer:**
  - Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS.