

Consumer Medicine Information

Gastro-Soothe & Gastro-Soothe Forte

Hyoscine butylbromide

What is in this leaflet

This leaflet answers some common questions about Gastro-Soothe & Gastro-Soothe Forte tablets. It does not contain all available information. It does not take the place of talking to your doctor or pharmacist. Keep this information with your tablets. You may need to read it again later.

To find out more about Gastro-Soothe & Gastro-Soothe Forte

You should ask your doctor or pharmacist if you have any questions about your medicine or if you have any concerns about taking Gastro-Soothe or Gastro-Soothe Forte.

What Gastro-Soothe & Gastro-Soothe Forte are used for

Gastro-Soothe & Gastro-Soothe Forte anticholinergic medicines. Anticholinergic medicines relieve pain caused by stomach and bowel cramps by helping your digestive system to relax.

Always consult your doctor or pharmacist if the pain does not improve within 48 hours or if pain worsens after treatment.

Before taking Gastro-Soothe or Gastro-Soothe Forte

When not to take Gastro-Soothe or Gastro-Soothe Forte

Do not take Gastro-Soothe or Gastro-Soothe Forte if you are allergic to hyoscine butylbromide or any of the other ingredients in Gastro-Soothe or Gastro-Soothe Forte. These ingredients are listed in full at the end of this leaflet (See Ingredients).

If you are uncertain as to whether you have such an allergy you should raise this concern with your doctor or pharmacist.

Do not take Gastro-Soothe or Gastro-Soothe Forte if you have myasthenia gravis, glaucoma, porphyria or a condition of the bowel known as megacolon.

Seek advice from your doctor or pharmacist if you have, or have had, a prostate or heart condition. This is because Gastro-Soothe & Gastro-Soothe Forte should not be used in some types of prostate disease and a certain type of heart complaint.

Gastro-Soothe & Gastro-Soothe Forte should not be used when there is a blockage in the stomach or bowel, or in certain conditions when there is reduced bowel activity. These conditions are best explained by your doctor or pharmacist.

You should never take Gastro-Soothe or Gastro-Soothe Forte after the EXPIRY DATE on the product packaging.

Before you start taking Gastro-Soothe & Gastro-Soothe Forte

Ask your doctor or pharmacist to discuss with you the things you ought to know before taking Gastro-Soothe & Gastro-Soothe Forte, particularly if you have not taken it before.

Before taking Gastro-Soothe or Gastro-Soothe Forte you must tell your doctor or pharmacist if you are taking any other medicines, obtained with or without a doctor's prescription. In particular you should tell your doctor or pharmacist if you are taking:

- metoclopramide, quinidine or amantadine
- any medicine which contains antihistamines (commonly used to treat allergies)
- any medicine for the treatment of emotional disorders, heart disease or respiratory disease
- any other medicine for the treatment of this or another stomach or bowel condition

It is important to discuss this with your doctor or pharmacist because Gastro-Soothe & Gastro-Soothe Forte may not work as well in the presence of some other medicines or side effects may be increased.

Pregnancy

Special care is recommended during pregnancy, particularly in the first three months.

Ask for your doctor's advice if you are pregnant, or likely to become pregnant during your course of medication.

Breastfeeding

Special care is recommended if you are breastfeeding as no studies have been conducted in nursing women.

Ask for your doctor's advice if you are breastfeeding or likely to breastfeed during the course of your medication.

Children

Gastro-Soothe & Gastro-Soothe Forte tablets are not recommended for use in children under 6 years of age.

Ability to drive or operate machinery

In rare cases, Gastro-Soothe & Gastro-Soothe Forte may cause drowsiness. If affected, do not drive or operate machinery.

Alcohol

Do not drink alcohol while on Gastro-Soothe or Gastro-Soothe Forte. Alcohol may increase the chance of side effects of this medicine such as drowsiness.

Taking Gastro-Soothe & Gastro-Soothe Forte

How much to take

Gastro-Soothe 10 mg/tablet

Adults and children over 6 years: 2 tablets (two 10 mg tablets = 20 mg) four times a day

Gastro-Soothe Forte 20mg/tablet

Adults and children over 6 years: 1 tablet (20 mg) four times a day.

Tablets should be swallowed whole with a little fluid.

Ask your doctor or pharmacist for further information if they have advised you to take a different dose.

Do not take Gastro-Soothe or Gastro-Soothe Forte for longer than 2-3 days at a time except on the recommendation of a doctor.

If you forget to take a dose

If you miss a dose, take it as soon as you remember. However, if you remember when it is almost time for your next dose, take only your usual dose at that time.

It is not necessary to finish taking all the tablets in the pack if you find you no longer have any pain.

If you have taken too much Gastro-Soothe or Gastro-Soothe Forte

Seek medical advice if you have used more than the recommended or prescribed dose of Gastro-Soothe or Gastro-Soothe Forte *and* you experience signs of overdose as listed below.

Signs of overdose may include drowsiness, dry mouth, difficulty passing urine, reddening of the skin, decreased gastrointestinal tract movement, fast heart rate and sight disturbances.

Advice can be provided by a doctor, pharmacist or Poisons Information Centre (telephone 0800 POISON or 0800 764766).

Do not drive a car or operate machinery if you have taken more than the recommended or prescribed dose of Gastro-Soothe or Gastro-Soothe Forte.

While you are taking Gastro-Soothe or Gastro-Soothe Forte

As mentioned previously, do not drink alcohol and tell your doctor or pharmacist if you begin taking any other medicine while you are taking Gastro-Soothe or Gastro-Soothe Forte.

Cramps in the stomach or bowel may be temporary or may signal the presence of a more serious problem. Always consult your doctor or pharmacist if the pain is severe or does not improve within 48 hours of taking Gastro-Soothe or Gastro-Soothe Forte.

Side effects

You should be aware that all medicines carry some risks and that all possible risks may not be known at this stage despite thorough testing.

Ask for the advice of your doctor or pharmacist if you have any concerns about the effects of taking this medicine.

If side effects occur, they are usually mild when Gastro-Soothe or Gastro-Soothe Forte are used at the recommended dose. Very occasionally, Gastro-Soothe or Gastro-Soothe Forte tablets may cause:

- dry mouth and fast heart rate

- reduced sweating and difficulty with passing urine.
- If these occur, they usually disappear when you stop taking the tablets.

Very rare but more serious side effects include:

- allergic reactions, such as skin rashes, or swelling of the face
- difficulty in breathing.

If these occur, seek medical advice or attention immediately.

Otherwise, tell your doctor or pharmacist as soon as possible if you experience any side effects during or after using Gastro-Soothe or Gastro-Soothe Forte.

Unexpected effects, not listed above, can occur with any medicine. You should tell your doctor or pharmacist if you notice anything unusual, during or after taking Gastro-Soothe or Gastro-Soothe Forte.

After taking Gastro-Soothe or Gastro-Soothe Forte

Storage

Gastro-Soothe and Gastro-Soothe Forte should be kept in a cool, dry place where the temperature stays below 30°C. For example, do not leave your tablets in a car or store them in the bathroom. Heat and dampness will damage the tablets.

Keep Gastro-Soothe and Gastro-Soothe Forte tablets where children cannot reach them.

Disposal

After the expiry date has passed, any unused Gastro-Soothe or Gastro-Soothe Forte should be returned to your pharmacist so that it can be disposed of safely.

Product Description

What the tablets look like

White sugar coated tablet plain on both the sides.

Gastro-Soothe is available in blister packs of 20 tablets.

Gastro-Soothe Forte is available in blister packs of 10 tablets

Ingredients

Each Gastro-Soothe tablet contains 10mg of hyoscine butylbromide.

Each Gastro-Soothe Forte tablet contains 20mg of hyoscine butylbromide

Lactose, maize starch, microcrystalline cellulose, methocel A4C, sodium starch glycolate, colloidal anhydrous silica, magnesium stearate, hydroxy propyl methyl cellulose , polyethylene glycol, talc, titanium dioxide.

Who supplies this medicine

Distributed in New Zealand by:

AFT Pharmaceuticals Ltd
129 Hurstmere Road (Level 1)
Takapuna
AUCKLAND

Telephone: 09 488 0232

Email: customer.service@aftpharm.com

Date of information

October 2017