

Colpermin[®]

IBS RELIEF

Capsules

PEPPERMINT OIL

- This medicine is used to treat the symptoms of Irritable Bowel Syndrome (IBS), including cramps and spasms of the large bowel.
- This medicine is for use by adults and children aged 15 years and over.
- **Do not use this medicine:**
 - This product contains arachis oil (peanut oil). Do not use this medicine if you are **allergic to peanut or soya**.
 - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6 ►*
- **Speak to your doctor:**
 - If you suffer from any of the conditions mentioned in section 2. *See section 2 ►*
 - If you are taking any other medicines. *See section 2 ►*
 - If you get any side effects, talk to your doctor or pharmacists. This includes any possible side effects not listed in this leaflet. *See section 4. ►*
- **Follow the dosage instruction carefully.**
 - Ask your pharmacist if you need more information or advice

Now read this whole leaflet carefully before you use this medicine because it contains important information for you. Keep the leaflet: you might need it again.

1 What the medicine is for

Colpermin IBS Relief Capsules are an antispasmodic which are used to relieve spasms and cramps which occur in the large bowel in Irritable Bowel Syndrome (IBS). The capsules contain peppermint oil, which relaxes the spasm of the bowel wall. This relieves pain and allows pockets of gas, which may have made you feel bloated, to pass along the bowel and out of the body.

Irritable Bowel Syndrome is a condition in which there is pain, spasm and bloating at almost any point between the groin, the navel and the sides, sometimes accompanied by diarrhoea and constipation. The symptoms may be more noticeable when you are feeling stressed and anxious.

2 Before taking this medicine

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

✗ Do not take this medicine...

- If you have ever had a **bad reaction** to any of the ingredients.
- If you are **allergic to peanuts or soya**.

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If any of these apply to you, **get advice from your doctor or pharmacist without using Colpermin.**

⚠ Talk to your doctor or pharmacist...

- If this is the first time that you have suffered from these symptoms.
- If you are aged 40 years or over and it has been some time since your last attack of IBS, or your symptoms have changed.
- If your symptoms worsen, or do not improve over 2 weeks.
- If you are taking any indigestion remedies.
- If you have **passed blood from your bowel**.
- If you are **vomiting or feeling nauseous**.
- If you have **lost your appetite or have unexplained weight loss**.
- If you are **unusually pale or tired**.
- If you have **severe constipation**.
- If you have a **fever**.
- If you have recently travelled abroad.
- If you have **abnormal vaginal bleeding or discharge**.
- If you have **difficulty or pain when passing urine**.

If any of these bullet points apply to you now or in the past, **talk to your doctor or pharmacist.**

⚠ If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant, planning a pregnancy, suspect you are pregnant or breast-feeding.

⚠ Some of the ingredients can cause problems

- This product contains arachis oil (peanut oil). Do not use this medicine if you are allergic to peanut or soya.
- Peppermint oil can cause allergic reactions in very rare cases (rash, headache, slow pulse rate, loss of co-ordination and shaking). These symptoms may occur in association with alcohol.

3 How to take this medicine

Check the table to see how much medicine to use.

- For oral use only.
- Do not take the capsules immediately after food.
- Do not take the capsules at the same time as indigestion remedies as they may damage the capsules.
- Do not chew or break the capsules before swallowing.
- Colpermin IBS Relief Capsules are hard gelatine capsules. There is a chance that the capsules could break when they are pushed out. Push out the capsules from the blister pocket with slight pressure toward the end of the capsule. See diagram.



ℹ Children under 15 years

Colpermin IBS Relief Capsules are not recommended for children under 15 years old.

ℹ Adults and children 15 years and over

Age	Dose
Adults and children 15 years and over	Take one capsule three times a day. If symptoms are severe, the dose can be increased to two capsules taken three times a day.

- Do not take capsules immediately after food.
- The capsules should be taken until symptoms are resolved, normally within one to two weeks. Treatment can be continued for longer periods of between two to three months, when symptoms are more persistent.
- If you experience new symptoms or worsening of existing symptoms, consult your doctor.

⚠ If anyone has taken too much

If anyone has taken too many capsules, contact a doctor or your nearest Accident and Emergency department (Casualty) taking this leaflet and pack with you.

⚠ If you forget to take the medicine

If you forget to take a dose, take the next dose when needed. **Do not** take a double dose.

4 Possible side-effects

Colpermin IBS Relief Capsules can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience the following, stop using the medicine and seek immediate medical help:

- Allergic reactions to peppermint oil or menthol including rash, headache, slow pulse rate, loss of co-ordination and shaking can occur. These may occur if the capsules are taken with alcohol.

Other effects, which may include:

- Occasional heartburn or acid reflux. If you already suffer from heartburn and this worsens after taking Colpermin IBS Relief Capsules, you should stop taking this product and consult your doctor or pharmacist for advice.
- Nausea and vomiting.

- A burning sensation in the mouth.
- Anal irritation.

Reporting of side effects

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: 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.

5 Storing this medicine

Store below 25°C, avoid direct sunlight.

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6 Further information

What's in the medicine?

The active ingredient is: Peppermint oil 0.2 ml
Other ingredients are: Gelatin, colloidal silica, titanium dioxide (E171), indigotine (E132), Eudragit L, Eudragit S, triethyl citrate, ammonia, monostearin, polyethyleneglycol 4000, talc, purified water, beeswax, refined arachis (peanut) oil.

What the medicine looks like

Colpermin IBS Relief Capsules are sustained release capsules with opaque blue cap, opaque light blue body and a dark blue band around the middle. They are available in blister packs of 20, 60 and 100 capsules. Not all pack sizes may be marketed.

Each capsule contains 0.2 ml of the active ingredient.

Product Licence holder and Manufacturer: McNeil Products Limited, High Wycombe, HP12 4EG, UK.

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