

SUMMARY OF PRODUCT CHARACTERISTICS

1 NAME OF THE MEDICINAL PRODUCT

Milpharm IBS Relief 135 mg film-coated tablets

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Mebeverine 135 mg film-coated tablets contain Mebeverine Hydrochloride BP 135 mg.

Excipient with known effect:

Each tablet contains 100 mg lactose monohydrate

For the full list of excipients, see section 6.1.

3 PHARMACEUTICAL FORM

Film-coated tablet.

10 mm normal convex white film-coated tablets marked "MV135" on one side.

4 CLINICAL PARTICULARS

4.1 Therapeutic indications

Mebeverine 135 mg film-coated tablets:

For the symptomatic treatment of irritable bowel syndrome and other conditions usually included in this grouping such as: chronic irritable colon, spastic constipation, mucous colitis, spastic colitis. Mebeverine is effectively used to treat the symptoms of these conditions such as: colicky abdominal pain and cramps, persistent, non-specific diarrhoea (with or without alternating constipation) and flatulence.

Mylan IBS Relief Tablets:

For the symptomatic relief of irritable bowel syndrome.

4.2 Posology and method of administration

For oral use.

The coated tablets should be swallowed with a sufficient amount of water (at least 100 ml water). They should not be chewed because of the unpleasant taste.

Duration of use is not limited.

If one or more doses are missed, the patient should continue with the next dose as prescribed; the missed dose(s) should not be taken in addition to the regular dose.

Adults (including the elderly):

One tablet three times a day, preferably 20 minutes before meals. After a period of several weeks, when the desired effect has been obtained, the dosage may be gradually reduced. If symptoms persist for more than 2 weeks, consult your doctor.

Warning: Do not exceed the stated dose.

Paediatric population:

Mebeverine 135 mg tablets are not recommended for use in children and adolescents below 18 years, due to insufficient data on safety and efficacy.

Special population:

No posology studies in elderly, renal and/or hepatic impaired patients have been performed. No specific risk for elderly, renal and/or hepatic impaired patients could be identified from available post-marketing data. No dosage adjustment is deemed necessary in elderly, renal and/or hepatic impaired patients.

4.3 Contraindications

Hypersensitivity to the active substance or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

Since Mebeverine film-coated tablets contain lactose, patients with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicine.

If this is the first time you have had these symptoms consult your doctor before using any treatment.

If any of the following apply, do not use this medicine. It may not be the right treatment for you. See your doctor as soon as possible.

- you are aged 40 years or over
- you have passed blood from the bowel
- you are feeling sick or vomiting

- you are looking pale and feeling tired
- you are suffering from severe constipation
- you have a fever
- you have recently travelled abroad
- you are, or may be pregnant
- you have abnormal vaginal bleeding or discharge
- you have difficulty or pain passing urine

Consult your doctor if you have developed new symptoms, or if your symptoms worsen, or if they do not improve after 2 weeks treatment.

4.5 Interaction with other medicinal products and other forms of interaction

No interaction studies have been performed, except with alcohol. *In vitro* and *in vivo* studies in animals have demonstrated the absence of any interaction between mebeverine hydrochloride and ethanol.

4.6 Fertility, pregnancy and lactation

Pregnancy

There are no or limited amounts of data from the use of mebeverine in pregnant women. Animal studies are insufficient with respect to reproductive toxicity (see section 5.3). Mebeverine is not recommended during pregnancy.

Lactation

It is unknown whether mebeverine or its metabolites are excreted in human milk. The excretion of mebeverine in milk has not been studied in animals. Mebeverine should not be used during breast-feeding.

Fertility

There are no clinical data on male or female fertility; however, animal studies do not indicate harmful effects of mebeverine (see section 5.3).

4.7 Effects on ability to drive and use machines

No studies on the effects on the ability to drive and use machines have been performed. The pharmacodynamic and pharmacokinetic profile as well as postmarketing experience do not indicate any harmful effect of mebeverine on the ability to drive or to use machines.

4.8 Undesirable effects

The following adverse reactions have been reported spontaneously during postmarketing use. A precise frequency cannot be estimated from available data.

Allergic reactions mainly but not exclusively limited to the skin have been observed.

Immune system disorders:

Hypersensitivity (anaphylactic reactions)

Skin and subcutaneous tissue disorders:

Urticaria, angioedema, face oedema and exanthema.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions 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.

4.9 Overdose

Theoretically CNS excitability may occur in cases of overdose. In cases where mebeverine was taken in overdose, symptoms were either absent or mild and usually rapidly reversible. Observed symptoms of overdose were of a neurological and cardiovascular nature.

No specific antidote is known and symptomatic treatment is recommended.

Gastric lavage should only be considered in case of multiple intoxication or if discovered within about one hour. Absorption reducing measures are not necessary.

5 PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Synthetic anticholinergics, esters with tertiary amino group

ATC code: A03A A04

Mebeverine is a musculotropic antispasmodic with direct action on the smooth muscle of the gastrointestinal tract, without affecting normal gut motility.

The exact mechanism of action is not known, but multiple mechanisms, such as a decrease in ion channel permeabilities, blockade of noradrenaline reuptake, a local anesthetic effect, changes in water absorption as well as weak anti-muscarinergic and phosphodiesterase inhibitory effect might contribute to the local effect of mebeverine on the gastrointestinal tract. Systemic side-effects as seen with typical anti-cholinergics are absent.

Clinical efficacy and safety

All formulations of mebeverine were generally safe and well tolerated in the recommended dose regimen.

Paediatric population

The safety and efficacy of the product has only been evaluated in adults.

5.2 Pharmacokinetic properties

Absorption:

Mebeverine is rapidly and completely absorbed after oral administration of tablets.

Distribution:

No significant accumulation occurs after multiple doses.

Biotransformation:

Mebeverine hydrochloride is mainly metabolised by esterases, which split the ester bonds into veratric acid and mebeverine alcohol firstly.

The main metabolite in plasma is DMAC (demethylated carboxylic acid).

The steady state elimination half-life of DMAC is 2.45 h. During multiple dosing C_{\max} of DMAC for the film-coated tablets with 135 mg is 1670 ng/ml and t_{\max} is 1 h.

Elimination:

Mebeverine is not excreted as such, but metabolised completely; the metabolites are excreted nearly completely. Veratric acid is excreted into the urine, mebeverine alcohol is also excreted into the urine, partly as the corresponding carboxylic acid (MAC) and partly as the demethylated carboxylic acid (DMAC).

Paediatric population

The safety and efficacy of the product has only been evaluated in adults.

5.3 Preclinical safety data

Effects in repeat-dose toxicity studies, after oral and parenteral doses, were indicative of central nervous involvement with behavioural excitation, mainly tremor and convulsions. In the dog, the most sensitive species, these effects were seen at oral doses equivalent to 3 times the maximum recommended clinical dose of 400mg/day based on body surface area (mg/m²) comparisons.

The reproductive toxicity of mebeverine was not sufficiently investigated in animal studies.

There was no indication of teratogenic potential in rats and rabbits. However, embryotoxic effects (reduction in litter size, increased incidence of resorption) were noticed in rats at doses equivalent to twice the maximum daily clinical dose. This effect was not observed in rabbits. No effects on male or female fertility were noted in rats at doses equivalent to the maximum clinical dose.

In conventional in vitro and in vivo genotoxicity tests mebeverine was devoid of genotoxic effects. No carcinogenicity studies have been performed.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Mebeverine 135 mg film-coated tablets contain:

Core tablet

Lactose monohydrate

Cellulose, microcrystalline

Povidone

Sodium Starch Glycolate

Talc

Magnesium Stearate

Water purified

Film-coating

Opadry white Y-1-7000 containing the following;

Hydroxypropyl Methylcellulose (E464)

Titanium Dioxide (E171)

Polyethylene Glycol

6.2 Incompatibilities

None known.

6.3 Shelf life

5 years

6.4 Special precautions for storage

Store in a dry place, at a temperature not greater than 30°C. Protect from light.

6.5 Nature and contents of container

Polypropylene containers with polyethylene caps (with optional polyethylene ullage filler) and PVC/PVDC-Aluminium or Clear PVC-Aluminium blister packs.

Pack sizes: 12, 15, 18, 20, 21, 28 and 30 tablets.

Not all pack sizes may be marketed.

6.6 Special precautions for disposal

There are no special instructions for the handling of Mebeverine 135 mg film-coated tablets.

7 MARKETING AUTHORISATION HOLDER

Milpharm Limited,

Ares Block,

Odyssey Business Park,

West End Road,

South Ruislip HA4 6QD,
United Kingdom

8 MARKETING AUTHORISATION NUMBER(S)

PL 16363/0470

**9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE
AUTHORISATION**

28 January 1997

10 DATE OF REVISION OF THE TEXT

13/06/2022