

Package leaflet: Information for the user

Spasmonal® 60 mg Hard capsules

Alverine citrate

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 2 weeks.

What is in this leaflet:

1. What SPASMONAL is and what it is used for
2. What you need to know before you take SPASMONAL
3. How to take SPASMONAL
4. Possible side effects
5. How to store SPASMONAL
6. Contents of the pack and other information

1. What SPASMONAL is and what it is used for

SPASMONAL is an “anti-spasmodic” medicine. It relaxes the muscles in the intestine (gut) and uterus (womb). This helps stop the pain you feel when the muscles become tense.

It is used to help people who have Irritable Bowel Syndrome (IBS), some of the symptoms of IBS are:

- Abdominal pains like cramps which come and go
- Diarrhoea
- Constipation
- Feeling full and bloated
- Wanting to go to the toilet urgently

Sometimes these symptoms are worse if you are worried or under stress.

SPASMONAL can also be used for a condition of the large intestine called painful diverticular disease of the colon and to relieve period pains.

2. What you need to know before you take SPASMONAL

Do not take SPASMONAL if:

- You are allergic (hypersensitive) to alverine citrate or any other ingredients of SPASMONAL.

– Your doctor has told you that you have obstruction of the gut or that your small bowel is not working properly.

Warnings and precautions

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

Do not take SPASMONAL if any of the following apply to you, it may not be the right treatment for you. See your doctor as soon as possible if:

- You are aged 40 years or over
- You have passed blood from the bowel
- You are feeling sick or vomiting
- You have lost your appetite or lost weight
- 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 are breast feeding
- 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.

Children

SPASMONAL is not suitable for children under 12 years old.

Other medicines and SPASMONAL

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

SPASMONAL with food and drink

It does not matter if you take SPASMONAL with or without food.

Pregnancy and breast-feeding

Do not take SPASMONAL during pregnancy or whilst breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

If you feel dizzy while taking SPASMONAL you should avoid driving or operating machinery.

SPASMONAL contains:

The colours Indigo Carmine (E132), Black Iron Oxide (E172), and Titanium Dioxide (E171).

3. How to take SPASMONAL

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

– The usual dose is 1 or 2 capsules taken up to 3 times a day. You should check with your doctor or pharmacist if you are not sure.

Use in children

SPASMONAL is not suitable for children under 12 years old.

If you take more SPASMONAL than you should

If you take more SPASMONAL than you should, contact a doctor. Symptoms of an overdose may be low blood pressure, dizziness, increased heartbeat, dilated pupils, blurred vision, dry mouth and throat, difficulty breathing, or difficulty passing urine.

If you forget to take SPASMONAL

If you forget to take SPASMONAL, take it when you remember. If you forget for more than 4 hours, just take the next dose when you remember it is due.

Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, SPASMONAL can cause side effects, although not everybody gets them.

Stop taking SPASMONAL and seek urgent medical advice immediately if you notice:

- difficulties in breathing, shortness of breath, wheezing, swelling of your face or other parts of your body, as serious allergic reactions have been known to occur.
- yellowing of the whites of the eyes and skin, as inflammation of the liver has been known to occur.

Tell your doctor or pharmacist if any of the following side effects occur or worsen.

Not known (frequency cannot be estimated from the available data):

- a feeling of sickness or dizziness,
- headache,
- allergic reactions, which may include itching or skin rash.
- increased levels of some liver enzymes (which would be detected by your doctor during a blood test).

Reporting of side effects

If you get any side effects, talk to your doctor or 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. How to store SPASMONAL

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

Do not use SPASMONAL after the expiry date which is printed or embossed on the carton and blister as month/ year. The expiry date refers to the last day of the month.

Store in the original package in order to protect from moisture. Do not store above 25°C.

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. Contents of the pack and other information

What SPASMONAL contains

The active substance is alverine citrate. Each capsule contains 60 milligrams of alverine citrate.

The other ingredients are maize starch, magnesium stearate, gelatin and colours (E132, E171 and E172).

The printing ink contains: Shellac, Black Iron Oxide (E172), Propylene Glycol.

What SPASMONAL looks like and contents of the pack

Each carton contains 3, 10, 12, 20, 90 or 100 blue/grey capsules marked “SP 60” in blisters.

Not all pack sizes may be marketed.

Marketing Authorisation Holder:

Cooper Consumer Health B.V.,

Verrijn Stuartweg 60,

1112 AX Diemen,

The Netherlands

Manufacturer:

FAMAR A.V.E.

Anthoussa Avenue 7,

Anthoussa Attikis,

15349,

Greece

Norgine Limited,

New Road,

Tir-y-berth,

Hengoed,

Mid Glamorgan,

CF82 8SJ,

UK

Health tips for you

Try to make your everyday life a bit healthier:

- Allow plenty of time to do things, and avoid stress
- Do not rush meals
- Try to eat a balanced diet with high fibre foods
- Do not eat foods which seem to make your IBS worse

This leaflet was last revised in July 2025

If this leaflet is difficult to see or read and you would like it in a different format, please contact Cooper Consumer Health B.V., Verrijn Stuartweg 60, 1112 AX Diemen, The Netherlands.