



**PACKAGE LEAFLET:
INFORMATION FOR THE USER**

Stomach Cramp Relief 10 mg Film-Coated Tablets

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

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told 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 two weeks.

What is in this leaflet

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2. What you need to know before you take Almus Stomach Cramp Relief Film-Coated Tablets
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1. What Almus Stomach Cramp Relief Film-Coated Tablets are and what they are used for

The name of your medicine is Almus Stomach Cramp Relief 10 mg Film-Coated Tablets (called Almus Stomach Cramp Relief Tablets in the rest of this leaflet). Almus Stomach Cramp Relief Tablets contain a medicine called "hyoscine butylbromide". This belongs to a group of medicines called "antispasmodics".

- It is used to relieve stomach and bowel cramps which cause pain and discomfort associated with your digestive tract, and in Irritable Bowel Syndrome.
- It may also be recommended by your doctor for spasm of the bladder and urinary tubes (urinary tract).
- It works by relaxing the cramping muscles of your stomach and bowel, or urinary tract.

What are abdominal cramps?

Abdominal cramps (or spasm) are due to the sudden, irregular tightening up of muscles in the wall of your stomach or bowel. While the precise cause is unknown, the muscles of the stomach and bowel appear to be very sensitive to things like:

- Stress, eating and drinking habits
- Food allergies or intolerances
- Stimulants such as coffee
- Hormonal factors.

Such things can trigger painful abdominal cramps or spasms if you have a sensitive digestive tract. You may also feel bloated, with excess wind and abdominal discomfort.

2. What you need to know before you take Almus Stomach Cramp Relief Tablets

Do not take Almus Stomach Cramp Relief Tablets if:

- you are allergic to hyoscine butylbromide or any of the other ingredients of this medicine (listed in section 6)
- you are intolerant to or cannot digest some sugars (as the tablet coating contains a small amount of lactose)
- you have glaucoma (an eye problem)
- you have something called 'myasthenia gravis' (a very rare muscle weakness problem)
- you have a suspected or confirmed blockage of the bowel
- you have a condition where the bowel is blocked and does not work properly (paralytic or obstructive ileus). Symptoms include severe abdominal pain with lack of stools and/or nausea/vomiting

- you have a very enlarged bowel (megacolon)
- you are pregnant, likely to get pregnant, or are breast-feeding.

Do not take Almus Stomach Cramp Relief Tablets if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking this medicine.

Warnings and precautions

Talk to your doctor or pharmacist before taking Almus Stomach Cramp Relief Tablets if any of the following apply to you:

- You are 40 years or over
- you have recently passed blood from the bowel
- you have severe constipation
- you are feeling sick or vomiting
- you have lost your appetite or lost weight
- you are looking pale and feeling tired
- you have difficulty or pain passing water (urine)
- you have a fever
- you have abnormal vaginal bleeding or discharge
- you have recently travelled abroad (in case you have picked up a stomach bug)
- you have a very fast heart rate or other heart problems
- you have been treated by a doctor for a severe sweating problem.

If you are not sure if any of the above applies to you, talk to your doctor or pharmacist before taking Almus Stomach Cramp Relief Tablets.

Check with your doctor or pharmacist straight away if you have unexplained abdominal pain which persists or worsens or occurs with:

- fever
- feeling sick
- being sick
- changes in your bowel movements
- abdominal tenderness
- low blood pressure
- feeling faint or,
- blood in your bowel movements.

Other medicines and Stomach Cramp Relief Tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription and herbal medicines. This is because Almus Stomach Cramp Relief Tablets can affect the way some other medicines work, and some other medicines can affect the way Almus Stomach Cramp Relief Tablets work.

In particular, tell your doctor or pharmacist if you are taking any of the following medicines:

- Antihistamines - used to treat hay fever and other allergies
- Tetracyclic or tricyclic medicines - used to treat depression and some types of pain
- Antipsychotic medicines such as butyrophenones or phenothiazines - used to treat severe mental illness such as schizophrenia
- Dopamine antagonists such as metoclopramide for feeling sick
- Beta 2 adrenergic medicines such as salbutamol inhalers for asthma
- Quinidine or disopyramide - used to control your heart beat
- Amantadine - used for Parkinson's disease and flu
- Anticholinergic medicines such as tiotropium, ipratropium or atropine-like medicines - usually inhaled to treat breathing problems.

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking Almus Stomach Cramp Relief Tablets.

Pregnancy, breast-feeding and fertility

Do not take this medicine if you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby.

Driving and using machines

Some people may have temporary blurring of vision while taking this medicine. If this happens to you, wait until your vision returns to normal before driving or using any tools or machines.

Almus Stomach Cramp Relief Tablets contain lactose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Almus Stomach Cramp Relief Tablets

Always take your medicine exactly as your doctor or pharmacist has told you. You should check with your doctor or pharmacist if you are not sure. Almus Stomach Cramp Relief Tablets should not be taken continuously for more than two weeks. Talk to your pharmacist or doctor if you develop new symptoms or if your symptoms get worse or have not improved over two weeks.

Taking this medicine

- Swallow the tablet whole with water.
- Do not break, crush or chew the tablets.

How much to take**For relief of painful spasm of the stomach, bowel or bladder and urinary tubes (urinary tract)**

Adults and children 12 years or over:

- 2 tablets four times a day.

Children 6 - 12 years:

- 1 tablet three times a day.

Not recommended for children under 6 years.

For the relief of abdominal pain in Irritable Bowel Syndrome (IBS)

Adults and children 12 years or over:

- Start by taking 1 tablet three times a day
- You can increase your dose to a maximum of 2 tablets four times a day, if needed.

Not recommended for children under 12 years.

If you take more Almus Stomach Cramp Relief Tablets than you should

If you take more Almus Stomach Cramp Relief Tablets than you should, talk to a doctor or go to a hospital straight away. Take the medicine pack with you even if there are no Almus Stomach Cramp Relief Tablets left.

If you forget to take Almus Stomach Cramp Relief Tablets

If you forget to take a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose.

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

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects may happen with this medicine:

Mild side effects that do not normally require medical treatment:

Uncommon - may affect up to 1 in 100 people

- Dry mouth.
- Abnormal sweating or reduced sweating.

If any of these side effects get troublesome or seem serious to you please tell your pharmacist or doctor.

If you get any of the side effects described below stop taking this medicine and tell your doctor straight away. You may need urgent medical treatment:

Uncommon - may affect up to 1 in 100 people

- Skin reactions such as urticaria and pruritus (itching).
- Tachycardia (increased heart rate).

Rare - may affect up to 1 in 1,000 people

- Problems emptying the bladder.

Isolated events - some side effects are so rare that it is not known how many people may be affected.

- Anaphylactic reaction and shock - this is a severe type of allergic reaction. An itchy rash may spread all over the body, as well as swelling. You may have difficulty in breathing and may lose consciousness.
- Dyspnoea (difficult or laboured breathing).
- Allergic reactions (hypersensitivity) such as skin rash and erythema (patchy red skin).
- If you experience a painful red eye with loss of vision after taking this medicine, stop taking it and tell your doctor straight away. You may have an eye problem called glaucoma and need urgent medical attention.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. 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 Almus Stomach Cramp Relief Tablets

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 blister and carton after 'EXP'. The expiry date refers to the last day of that month.

This medicinal product does not require any special storage conditions.

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 Almus Stomach Cramp Relief Tablets contain**

- The active substance is hyoscine butylbromide. Each film-coated tablet contains 10 mg of hyoscine butylbromide.
- The other ingredients are:
Tablet core: lactose monohydrate; cellulose, microcrystalline; povidone and magnesium stearate.

Tablet coating: polyvinyl alcohol (E1203), titanium dioxide (E171), talc (E553b), polyethylene glycol (E1521) and lecithin (E422).

What Almus Stomach Cramp Relief Tablets look like and contents of the pack

Almus Stomach Cramp Relief 10 mg Film-Coated Tablets are white to off-white round, biconvex, film-coated tablets with '10' debossed on one side and plain on other side.

Pack size of 20 and 24 tablets are available.

Not all pack sizes may be marketed.

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