

Package leaflet: Information for the user

Spasmonal[®] Forte 120mg 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.

The name of your medicine is Spasmonal Forte 120mg capsules but will be referred to as Spasmonal Forte throughout this leaflet.

What is in this leaflet:

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

1. What Spasmonal Forte is and what it is used for

Spasmonal Forte 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 Forte 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 Forte

Do not take Spasmonal Forte if:

- You are allergic (hypersensitive) to alverine citrate or any of the other ingredients of Spasmonal forte.
- 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 Forte 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 Forte is not suitable for children under 12 years old.

Other medicines and Spasmonal Forte

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

Spasmonal Forte with food and drink

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

Pregnancy and breast-feeding

Do not take Spasmonal Forte 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 Forte you should avoid driving or operating machinery.

Spasmonal Forte contains:

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

3. How to take Spasmonal Forte

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 capsule taken up to 3 times a day. You should check with your doctor or pharmacist if you are not sure.

Use in children

Spasmonal Forte is not suitable for children under 12 years old.

If you take more Spasmonal Forte than you should

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

If you forget to take Spasmonal Forte

If you forget to take Spasmonal Forte, 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 Forte can cause side effects, although not everybody gets them.

Stop taking Spasmonal Forte 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 or 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, 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 Forte

- Keep out of the sight and reach of children
- Do not store above 25°C.
- Store in the original package.
- Store in a dry place.
- Do not take this medicine after the expiry date which is stated on the carton and blister label after 'Exp'. 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 to protect the environment.

6. Contents of the pack and other information

What Spasmonal Forte contains:

The active ingredient in Spasmonal Forte is alverine citrate.

Each hard capsule contains 120mg alverine citrate.

The other ingredients are: maize starch, magnesium stearate, gelatin, indigo carmine (E132), titanium dioxide (E171) and black iron oxide (E172).

What Spasmonal Forte looks like and contents of the pack:

Spasmonal Forte capsules have a grey cap and blue body, marked 'SP120'. Each carton contains blister strips of 60 hard gelatin capsules.

Manufacturer by: Norgine Pharma, 29 rue Ethe Virton, 28100 Dreux, France.

OR

Norgine Ltd, Hengoed, Mid Glamorgan, CF82 8SJ, UK.

Procured from within the EU and repackaged by the Product Licence

holder: B&S Healthcare, Unit 4, Bradfield Road, Ruislip, Middlesex, HA4 0NU, UK.

Spasmonal® Forte 120mg capsules, PL 18799/2867

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

Leaflet date: 26.06.2025

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Spasmonal is a registered trademark of Meda AB.

Blind or partially sighted?

Is this leaflet hard to see or read?

Call 0208 515 3763 to obtain the leaflet in a format suitable for you.

Package leaflet: Information for the user

Alverine citrate 120mg capsules

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.

The name of your medicine is Alverine citrate 120mg capsules but will be referred to as Alverine citrate throughout this leaflet.

What is in this leaflet:

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

1. What Alverine citrate is and what it is used for

Alverine citrate 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.

Alverine citrate 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 Alverine citrate

Do not take Alverine citrate if:

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

Alverine citrate is not suitable for children under 12 years old.

Other medicines and Alverine citrate

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

Alverine citrate with food and drink

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

Pregnancy and breast-feeding

Do not take Alverine citrate 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 Alverine citrate you should avoid driving or operating machinery.

Alverine citrate contains:

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

3. How to take Alverine citrate

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 capsule taken up to 3 times a day. You should check with your doctor or pharmacist if you are not sure.

Use in children

Alverine citrate is not suitable for children under 12 years old.

If you take more Alverine citrate than you should

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

If you forget to take Alverine citrate

If you forget to take Alverine citrate, 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, Alverine citrate can cause side effects, although not everybody gets them.

Stop taking Alverine citrate 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 or 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):

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5. How to store Alverine citrate

- Keep out of the sight and reach of children
- Do not store above 25°C.
- Store in the original package.
- Store in a dry place.
- Do not take this medicine after the expiry date which is stated on the carton and blister label after 'Exp'. 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 to protect the environment.

6. Contents of the pack and other information

What Alverine citrate contains:

The active ingredient in Alverine citrate is alverine citrate.

Each hard capsule contains 120mg alverine citrate.

The other ingredients are: maize starch, magnesium stearate, gelatin, indigo carmine (E132), titanium dioxide (E171) and black iron oxide (E172).

What Alverine citrate looks like and contents of the pack:

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Alverine citrate 120mg capsules, PL 18799/2867

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