

INFORMATION FOR THE PATIENT

Read all of these 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.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet?

1. What Relcer Gel is and what it is used for
2. Before you use Relcer Gel
3. How to use Relcer Gel
4. Possible side effects
5. How to store Relcer Gel
6. Contents of the pack and other information

1. What Relcer Gel is and what it is used for

Relcer Gel contains four different medicines:

- The first two medicines are called dried aluminium hydroxide gel and magnesium hydroxide. They belong to a group of medicines called antacids
- The other medicine is called simeticone. It belongs to a group of medicines called anti-foaming /antiflatulent agents
- The fourth medicine is called deglycyrrhizinated liquorice. It belongs to a group of medicines called demulcent.

Relcer Gel is used for:

- Stomach ulcers
- Heartburn
- Inflammation of stomach/ oesophagus (when acid from your stomach escapes into your food pipe and causes inflammation)
- The relief of indigestion (dyspepsia) associated with hyperacidity

Relcer Gel works by lowering the amount of acid in your stomach. The anti-foaming agent in Relcer Gel helps to remove gas from your stomach. The demulcent agent forms a soothing film over the mucous membrane, relieving minor pain and inflammation of the membrane.

2. Before you take Relcer Gel

Do not take Relcer Gel:

- You are allergic (hypersensitive) to dried aluminium hydroxide gel, magnesium hydroxide, simethicone, deglycyrrhizinated liquorice or any of the other ingredients in Relcer Gel.
- Signs of an allergic reaction include: a rash, swallowing or breathing problems, swelling of your lips, face, throat or tongue
- You are feeling very weak and have no energy (debilitated)
- You have kidney disease
- You have low levels of phosphate (called 'hypophosphataemia'). This is shown up in blood tests.

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Relcer Gel.

Warnings and precautions

Take special care with Relcer Gel. Check with your doctor or pharmacist before taking this medicine if:

- You are on a low-phosphorous diet

Other medicines and Relcer Gel

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines.

This includes medicines you buy without a prescription, including herbal medicines.

Relcer Gel should not be taken at the same time as other medicines. This is because Relcer Gel can affect the way other medicines work. If Relcer Gel is taken within one hour of any other medicine, it can affect the uptake of that medicine into the blood.

Some medicines may be affected by magnesium hydroxide or they may affect how well magnesium hydroxide will work. Tell your doctor or pharmacist if you are already taking: - salicylates.

Pregnancy and breast-feeding

Talk to your doctor or pharmacist before taking this medicine if:

- You are pregnant, might become pregnant, or think you may be pregnant.
- You are breast-feeding or planning to breast-feed.

Important information about some of the ingredients of Relcer Gel

Relcer Gel contains sorbitol. If you have been told by your doctor that you cannot tolerate or digest some sugars, talk to your doctor before taking this medicine. Relcer Gel contains methyl paraben, propyl paraben and sodium benzoate; these may cause allergic reactions (possibly delayed).

Driving and using machines

Treatment with Relcer Gel has no known effect on the ability to drive or use machinery.

3. How to use Relcer Gel

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

Taking this medicine

- Shake well before use
- Take this medicine by mouth

Adults including the elderly

- 5-10 ml taken 20 minutes to 1 hour after meals and at bedtime or as required. It can be taken with water or milk if required.
- Alternatively, take as directed by your doctor

If the symptoms do not go away, talk to your doctor.

Not recommended in children and adolescents under 18 years of age.

If you take more Relcer Gel than you should

Talk to your doctor or go to a hospital straight away. Remember to take any medicine that is left with you so the doctor knows what you have taken.

The following effects may happen; diarrhoea, stomach pain or you may get a bloated feeling and cramping pain in the abdomen (stomach), be sick (vomit), have indigestion, heartburn, upset stomach, constipation, loss of appetite, dry mouth. This could be caused by an obstruction or blockage of the bowel (ileus).

If you forget to use Relcer Gel

Do not use 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, Relcer Gel can cause side effects, although not everybody gets them.

Stop taking Relcer Gel and see a doctor or go to a hospital straight away if:

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

- You have a red and lumpy skin rash, swollen eyelids, face, lips, mouth or tongue, itching, difficulty breathing or swallowing. This could be an allergic reaction.

Tell your doctor or pharmacist if any of the following side effects get serious or lasts longer than a few days. Also tell them if you notice any side effects not listed in this leaflet:

Uncommon (may affect up to 1 in 100 people)

- Constipation
- Diarrhoea

Very rare (may affect up to 1 in 10,000 people)

- Hypermagnesemia, including observations after prolonged administration to patients with renal impairment

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

- Hypophosphatemia, this may occur at high doses of the product or even at normal doses especially in patients with low phosphorus diets
- Hyperaluminemia is an electrolyte disturbance in which there is an abnormally elevated level of aluminium in the body
- Abdominal pain

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. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Relcer Gel

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

Do not use Relcer gel after the expiry date which is stated on the carton and the bottle after EXP. The expiry date refers to the last day of that month.

Store below 30°C. Protect from freezing and light.

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

6. Contents of the pack and other information

What Relcer Gel contains: Aluminum Hydroxide, Magnesium Hydroxide, Simethicone and Deglycyrrhizinated Liquorice

The other ingredients are D.G.L. Powder 10:1, Guar, Sorbitol Solution 70%, Sodium Benzoate, Sodium Citrate, Methyl Hydroxy Benzoate, Propyl Hydroxy Benzoate,

Sodium Hydroxide, Saccharin Sodium, Banana Flavour, Mentha Oil, Bronopol, Sodium Hypochlorite Solution and Purified Water.

What Relcer Gel looks like and contents of the pack

Marketing Authorization Holder

Glenmark Pharmaceuticals Limited, B/2, Mahalaxmi Chambers,
22 Bhulabhai Desai road, Mahalaxmi, Mumbai – 400026.

Manufacturer

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