

# MEVA™ 135 mg Film-coated tablets

## Mebeverine hydrochloride

### Read all of this leaflet carefully before you start taking this medicine.

- 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. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects becomes serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

### In this leaflet:

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### 1. What Meva™ are and what they are used for

Meva™ contains mebeverine hydrochloride. This belongs to a group of medicines called antispasmodics.

This medicine is used to treat symptoms of irritable bowel syndrome (IBS) and similar problems such as chronic irritable colon, spastic constipation, mucous colitis and spastic colitis.

Irritable bowel syndrome (IBS) is a very common condition which causes spasm and pain in the gut or intestine.

The intestine is a long muscular tube which food passes down so it can be digested. If the intestine goes into spasm and squeezes too tightly, you get pain. The way this medicine works is by relieving the spasm, pain and other symptoms of IBS.

The main symptoms of irritable bowel syndrome (IBS) include:

- Stomach pain and spasm.
- Feeling bloated and having wind.
- Having diarrhoea (with or without constipation).
- Small, hard, pellet-like or ribbon-like stools (faeces).

These symptoms may vary from person to person.

Talk to your doctor if these symptoms do not improve after a while, if you develop new symptoms or you are concerned about your symptoms.

### Your diet and lifestyle can also help treat IBS:

How you restrict your diet depends on the way IBS affects you. If you find that certain foods bring on the symptoms, then it makes sense not to eat them. A high fibre diet may help, but ask your doctor or pharmacist for more information.

Some people find that learning to relax can help to lessen their symptoms of IBS. You may find it helpful to set aside a few moments each day to relax and gently unwind.

### 2. Before you take Meva™

#### Do not take Meva™ if:

- You are allergic to any of the tablet ingredients (see section 6 for a list of ingredients).

If any of the above applies to you, do not take this medicine and talk to your doctor or pharmacist.

#### Take special care with Meva™

Check with your doctor or pharmacist before taking your medicine if:

- You have developed new symptoms or your symptoms have become worse.
- You have liver or kidney problems.

If the above applies to you (or you are not sure), talk to your doctor or pharmacist before taking this medicine.

#### Taking other medicines

No interactions with other medicines are known.

#### Pregnancy and breast-feeding

You should talk to your doctor or pharmacist before taking Meva™ if you are pregnant or might become pregnant. There is only limited information about the safety of Mebeverine for pregnant woman. Your doctor may advise you to stop taking Meva™ tablets before you become pregnant or as soon as you know you are pregnant. Meva™ tablets should not be used during breast-feeding.

#### Driving and using machines

This medicine is not likely to affect you being able to drive or use any tools or machines.

#### Important information about some of the ingredients of Meva™

This medicine contains lactose and sucrose (types of sugar). If you have been told by your doctor that you cannot tolerate or digest some sugars (have an intolerance to some sugars), talk to your doctor before taking this medicine.

### 3. How to take Meva™

#### How to take Meva™ tablets

- Try to take the tablet twenty minutes before a meal as some people find their symptoms to be strongest after they have eaten.
- Swallow the tablet whole with water. Do not chew the tablet.

#### How many Meva™ tablets to take

#### Adults and the elderly:

- Take 1 tablet 3 times a day.
  - The number of tablets you take can be lowered if your symptoms improve.
  - Do not take more than 3 tablets per day.
- Do not give Meva™ to children or adolescents younger than 18 years.

### If you take more Meva™ than you should

If you or someone else takes too many Meva™ tablets (an overdose), talk to a doctor or go to a hospital straight away. Take the medicine pack with you.

### If you forget to take Meva™

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

### How to stop taking Meva™

Do not stop taking the tablets without talking to your doctor, even if you feel better.

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

### 4. Possible side effects

Like all medicines Meva™ can cause side effects (unwanted effects or reaction) but not everyone gets them.

Allergic reactions such as:

- Swelling of your face, lips or tongue.
- A red skin rash, itching, inflamed skin.

If you notice any of the above, stop taking this medicine and see your doctor straight away.

If you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

### 5. How to store Meva™

- Keep out of the reach and sight of children.
- Do not store above 30 °C.
- Keep the tablets in their original container.
- Do not use the tablets after the expiry date which is printed on the carton and blister pack.

If your doctor stops your treatment, return unused tablets to a pharmacist.

Medicines should not be disposed of 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. Further information

#### What Meva™ contains

Each tablet contains the active substance mebeverine hydrochloride 135 mg.

The other ingredients are: Povidone, Maize Starch, Croscarmellose sodium, Colloidal silicone dioxide, Magnesium stearate, Opadry white, Microcrystalline cellulose, Lactose anhydrous, Propylene glycol, Purified water.

### What Meva™ looks like and contents of the pack

Meva™ tablets are white to off white, round, biconvex film coated tablets, engraved with 'JP 27' on one side and plain on the other side. Meva™ 135 mg Film-coated tablets: Pack of 30 film coated tablets.

### Marketing Authorisation Holder and Manufacturer

Jamjoom Pharmaceuticals Co., Ltd., Jeddah, Saudi Arabia.

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### To report any side effect(s):

- Saudi Arabia:

National Pharmacovigilance Center (NPC)

Fax: +966-1-210-7398

E-mail: npc.drug@sfd.gov.sa, Website: www.sfd.gov.sa/npc

- Other GCC States:

– Please contact the relevant competent authority.

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### THIS IS A MEDICAMENT

- Medicament is a product that affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.
- The doctor and the pharmacist are experts in medicine, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed.
- Do not repeat the same prescription without consulting your doctor.

Keep all medicaments out of the reach of children.

Council of Arab Health Ministers & Union of Arab Pharmacists



G.I.T Medicine

MEVA™ is a quality product manufactured by:



جمجوم فارما  
Jamjoom Pharma

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