

ANTI-SPASMODIC MEDICATIONS

Proprantheline, Hyoscine Butylbromide
Mebeverine, Alverine
Chlordiazepoxide/Clidinium



MINISTRY OF HEALTH
SINGAPORE



ABOUT your medicine

Propantheline, Hyoscine Butylbromide, Mebeverine, Alverine and Chlordiazepoxide/ Clidinium belong to a class of medicines called anti-spasmodic agents. These medicines relax smooth muscle in the gastro-intestinal system. Therefore, they are used to relieve cramps, or spasms of the stomach and intestines e.g. non-ulcer dyspepsia and irritable bowel syndrome.

HOW should I take the medicine?

Your doctor will determine the amount of medicine you should take based on the severity of your condition. Take this medicine in the dose prescribed by your doctor.

Propantheline	15mg 3 times daily at least 1 hour before meals and 30 mg at night (max daily dose: 120mg).
Hyoscine Butylbromide	20 mg 4 times daily before food (max daily dose: 80mg).
Mebeverine	135mg 3 times daily preferably 20 minutes before meals.
Alverine	60 to 120mg 3 times daily before food.
Chlordiazepoxide (5mg) / Clidinium (2.5mg) per capsule	1 capsule 3 to 4 times daily before food.

What should I do if I FORGET a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

*Keep all medication out of reach of children
Discard all medication that has expired or is no longer required*

What are the possible SIDE-EFFECTS of the medicine?

Antispasmodics are generally well tolerated. Some common adverse reactions include constipation, blurred vision, urinary urgency and retention, drowsiness and dryness of mouth, throat and skin.

Be cautious when driving or operating machinery if affected by drowsiness and blurred vision. Avoid alcohol and other medications that may reduce alertness. Also, inform your doctor of any medical conditions and any medications that you are taking.

What PRECAUTIONS should I take?

Inform your doctor and pharmacist if you are already taking some other medicines, herbal preparations, nutritional products or vitamin supplements.

You must tell your doctor if you are allergic to any other medicines or if you develop an allergy while taking this medicine. The symptoms of a drug allergy include one or more of the following: swollen face/eyes/lips, difficulty in breathing or widespread itchy skin rashes.

Inform your doctor if you are breast-feeding, pregnant or likely to become pregnant during the course of the treatment.

How should I STORE the medicine?

Store the medicine in a dry place at room temperature, away from heat and direct light. Do not refrigerate your medicines unless instructed to do so.

