

Milk of Magnesia

Traditional mint flavour liquid 415mg/5ml, oral suspension

Magnesium Hydroxide

Milk of Magnesia is an oral suspension of 415mg Magnesium Hydroxide per 5ml. Also contains sodium hydrogen carbonate, glycerol, oil of peppermint, sodium saccharin, water. Contains 0.7mg/5ml of sodium.

For oral use. See inside label for further information. Not suitable for children except on medical advice.

Shake well before use. **DO NOT FREEZE. Do not store above 25°C.** Use within 6 months of opening.

Do not use after expiry date shown.

KEEP OUT OF THE SIGHT AND REACH OF CHILDREN

PA 1186/10/1 held by Chefaro Ireland DAC,
The Sharp Building, Hogan Place, Dublin 2

BN:

Exp. Date:

Date revised: March 2026 100/190/200ml e <Peel Here>

1. WHAT IS IT FOR?

Milk of Magnesia liquid provides gentle soothing relief from upset stomach and indigestion. Its pleasant tasting formula also neutralises excess acid. It can also be used for constipation.

2. BEFORE YOU TAKE MILK OF MAGNESIA

Do not take:

- If you are allergic to magnesium hydroxide or any of the other ingredients, or if you have blockage of the gastro-intestinal tract, faecal impaction or appendicitis.
- As a laxative for more than 3 consecutive days or as an antacid for more than 14 days.

Consult your doctor

- If symptoms persist or worsen.
- If you suffer from kidney disease, are pregnant or breastfeeding or if you experience diarrhoea or any other unwanted effects.

Children

- In small children use of magnesium hydroxide may cause hypermagnesemia particularly if they have renal impairment or dehydration.

Other medicines and magnesium hydroxide:

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:

- ACE inhibitors (captopril, enalapril, fosinopril); beta-blockers (propanolol, atenolol), antibacterials and antifungals (azithromycin, cefaclor, cefpodoxime, isoniazid, itraconazole capsules, nitrofurantoin, rifampicin, tetracyclines, ketoconazole capsules and the quinolone group of antibacterials); antivirals (atazanavir, fosamprenavir, tipranavir, delavirdine, rilpivirine); antihistamines (fexofenadine); bisphosphonates (alendronate, tiludronate, clodronate, risedronate, etidronate); corticosteroids (deflazacort, prednisone, prednisolone, dexamethasone); digoxin; dipyridamole; antiepileptics (gabapentin and phenytoin); ulcer healing drugs (lansoprazole); levothyroxine; mycophenolate; iron preparations; lipid regulating drugs (rosuvastatin);

antipsychotics (sulpiride, phenothiazines, chlorpromazine); antimalarials (chloroquine, hydrochloroquine, proguanil); penicillamine; dicoumarol; cimetidine; ibuprofen; salicylates (e.g. aspirin); sodium polystyrene sulphonate.

- If you are taking other medicines including those obtained without a prescription. You may need to take other medicines 2-3 hours before or after this medicine.

Pregnancy and breastfeeding

Milk of Magnesia should not be taken when you are pregnant or breastfeeding unless your doctor tells you to.

Important information about some of the ingredients of this product

- Contains glycerol; harmful in high doses, can cause headaches, stomach upset and diarrhoea.
- Contains sodium. This should be taken into consideration by patients on a controlled sodium diet.

3. HOW TO TAKE: *SHAKE WELL BEFORE USE*

Milk of Magnesia can be taken with water or milk if desired. Additional liquid should be taken during use. Not suitable for children except on medical advice.

Dosage for the treatment of upset stomach and indigestion

Adults (including the elderly) and children aged 12 years and older:

Take one to two 5ml spoonfuls (first or second line in dosing cup). Repeat as necessary to a maximum of twelve 5ml spoonfuls (60ml) in 24 hours.

Children: (6-11 years): Give one 5ml spoonful (first line in dosing cup). Repeat as necessary to a maximum of six 5ml spoonfuls (30ml) in 24 hours.

Dosage for the treatment of constipation

Adults (including the elderly) and children aged 12 years and older:

Take six to nine 5ml spoonfuls (30 to 45ml measured in dosing cup) at bedtime. Repeat nightly, reducing dose until constipation is relieved.

Children: (2-11 years): Give one to two 5ml spoonfuls (first or second line in dosing cup) at bedtime. If a laxative dose is needed everyday or there is persistent abdominal pain, consult your doctor. Not to be given to children except on medical advice. Prolonged continuous use is not recommended.

If you take more Milk of Magnesia than you should

DO NOT EXCEED THE STATED DOSE. Overdosage may cause diarrhoea. If diarrhoea occurs, discontinue use immediately.

4. POSSIBLE SIDE EFFECTS

Apart from diarrhoea, stomach pain, discomfort, abdominal pain (frequency not known) and hypermagnesemia (frequency very rare) which was seen after prolonged administration to patients with renal impairment, other symptoms are only likely to occur if the kidneys are not working properly.

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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. FURTHER INFORMATION

Do not use after the expiry date shown. The expiry date refers to the last day of that month.

Made by:

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