

# LEARN MORE ABOUT MANAGING REFLUX SYMPTOMS WITH GAVISCON

**References:** 1. NHS. Omeprazole. Last reviewed September 2025. Accessed January 2026. Available at: <https://www.nhs.uk/medicines/omeprazole/> 2. Vales A, et al. *BMJ Open Gastroenterol.* 2023;10:e001026. 3. Medizin online. Antacids and alginate in the step-down process and as monotherapy. 2015. Accessed January 2026. Available at: <https://medizinonline.com/en/antacids-and-alginate-in-the-step-down-process-and-as-monotherapy/>

## Essential Information: Gaviscon Double Action Mint PL 00063/0552

**Active substances:** Each 10 ml dose contains sodium alginate 500 mg, sodium bicarbonate 213 mg and calcium carbonate 325 mg.

**Indications:** Treatment of symptoms resulting from the reflux of acid, bile and pepsin into the oesophagus such as acid regurgitation, heartburn and indigestion, for example following meals or during pregnancy, and for symptoms of excess stomach acid (hyperacidity). Can also be used to treat the symptoms of gastro-oesophageal reflux during concomitant treatment with or following withdrawal of acid suppressing therapy.

**Dosage and Administration:** For oral administration. • Adults and children 12 years and over: 10-20 ml after meals and at bedtime, up to four times per day. • Children under 12 years: Should be given only on medical advice. • Elderly: No dose modifications necessary for this age group. • Hepatic Impairment: No dose modification necessary. • Renal Insufficiency: Caution if highly restricted salt diet is necessary.

**Contraindications:** Hypersensitivity to sodium alginate, sodium bicarbonate, calcium carbonate, the esters of hydroxybenzoates (parabens) or to any of the excipients. This product should not be used in patients with moderate or severe renal insufficiency

**Special warnings and precautions for use:** This medicinal product contains 127.88 mg sodium per 10ml dose, equivalent to 6.4% of the WHO recommended maximum daily intake for sodium. • The maximum daily dose of this product is equivalent to 51.15% of the WHO recommended maximum daily intake for sodium. • This product is considered high in sodium. This should be particularly taken into account for those on a low salt diet (e.g. in some cases of congestive heart failure and renal impairment). • Each 20 ml contains 260 mg (6.5 mmol) of calcium. Care needs to be taken in treating patients with hypercalcaemia, nephrocalcinosis and recurrent calcium containing renal calculi. • Treatment of children younger than 12 years of age is not generally recommended, except on medical advice. • If symptoms persist, or treatment is required for more than 7 days continuously, medical advice should be sought. • As with other antacid products, taking this product can mask the symptoms of other more serious, underlying medical conditions. • Contains methyl parahydroxybenzoate (E218) 40 mg/ 10ml and propyl parahydroxybenzoate (E216) 6 mg/10ml which may cause allergic reactions (possibly delayed).

**Fertility, pregnancy and lactation:** • **Pregnancy:** Open controlled studies in 281 pregnant women did not demonstrate any significant adverse effects of Gaviscon on the course of pregnancy or on the health of the foetus/new-born child. Based on this and previous experience the medicinal product may be used during pregnancy, if clinically needed. • **Breastfeeding:** No effects of the active substances have been shown in breastfed newborns/ infants of treated mothers. This product can be used during breast-feeding if clinically needed. • **Fertility:** Clinical data do not suggest that this product has an effect on human fertility.

**Side effects:** Adverse events which have been associated with sodium alginate, sodium bicarbonate and calcium carbonate are given below, tabulated by system organ class and frequency. Frequencies are defined as: Very common ( $\geq 1/10$ ); Common ( $\geq 1/100$  and  $< 1/10$ ); Uncommon ( $\geq 1/1000$  and  $< 1/100$ ); Rare ( $\geq 1/10,000$  and  $< 1/1000$ ); Very rare ( $< 1/10,000$ ); Not known (cannot be estimated from the available data). Within each frequency grouping, adverse events are presented in order of decreasing seriousness.

System Organ Class	Frequency	Adverse Event
Immune System Disorders	Very rare	Anaphylactic and anaphylactoid reactions. Hypersensitivity reactions such as urticaria.
Metabolism and Nutritional Disorders	Not Known	Alkalosis <sup>1</sup> , acid rebound <sup>1</sup> , Hypercalcaemia <sup>1</sup> , Milk-alkali Syndrome <sup>1</sup>
Respiratory, Thoracic and Mediastinal Disorders	Very Rarely	Respiratory effects such as bronchospasm.
Gastrointestinal Disorders	Not Known	Constipation <sup>1</sup>

**Legal Classification:** GSL

**Licence Holder:** Reckitt Benckiser Healthcare (UK) Limited, Dansom Lane, Hull HU8 7DS.

**Licence Number:** PL 00063/0552.

**Last revised:** 08-02-2021.

**RT-M-9yoUtZ January 2026**