

PATIENT INFORMATION LEAFLET  
FOR  
**GESTID SUSPENSION**

**Read all of this leaflet carefully because it contains important information for you.**  
This medicine is available without prescription, for you to treat a mild illness without a doctor's help. Nevertheless, you still need to use Gestid Suspension carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve even after 5 days.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

Hyperacidity symptoms and peptic ulcer occur when the stomach secretes more hydrochloric acid than what the mucosa of stomach or duodenum can withstand. In such cases, various treatment modalities are available to control the situation. Antacids offer a rapid control of acidity by neutralising the acid output.

Aluminium and magnesium containing antacids are not soluble in water and are also not absorbed to any significant extent. Therefore, in therapeutic doses, they do not cause alkalosis due to systemic absorption

Aluminium antacids, even in therapeutic doses cause a tendency to constipate. On the other hand, magnesium antacids do cause osmotic retention of water in the gut, leading to loose motions. Thus when the two antacids are coprescribed, they balance each other's bowel modifying action to enable normal bowel function to continue.

Simethicone changes the surface tension of gas bubbles in the stomach, causing them to coalesce so that they can be belched out easily. This helps to relieve flatulent dyspepsia.

**1. WHAT GESTID SUSPENSION IS AND WHAT IS IT USED FOR**

Dried aluminium hydroxide gel and magnesium hydroxide contained in Gestid Suspension are antacids that help in neutralising the acid produced in your stomach. Simethicone is an anti flatulent. It helps small gas bubbles trapped in the tummy to join into bigger bubbles, which can come up easily as wind.

Each 5ml of this suspension contains:  
Dried Aluminium Hydroxide Gel USP  
equivalent to Aluminium Hydroxide..... 306 mg  
Magnesium Hydroxide USP..... 100 mg  
Simethicone Emulsion USP  
equivalent to Polydimethylsiloxane.....125 mg.

Gestid Suspension is available as amber glass bottle of 200ml, 180ml & 100ml  
Gestid Suspension is used to relieve the symptoms of indigestion, heartburn and excessive wind formation.

**2. BEFORE YOU TAKE GESTID SUSPENSION**

**Do not take Gestid Suspension if any of the following apply to you.**

- You have previously had an allergic reaction to aluminium, magnesium, or simethicone or to any of the suspension ingredients listed above (An allergic reaction may include skin rash, itching, swelling of face, lips, or hands/feet, or breathing difficulties)
- You have severe problems with your kidneys
- You have low phosphate levels (known as hypophosphatemia)
- You have excess base (alkali) in your body fluids (known as alkalosis)
- You have a high magnesium level (known as hypermagnesemia)
- You have swelling in the abdomen (known as abdominal distention)

**Take special care with Gestid Suspension if**

- You have kidney problems
- Your symptoms continue for more than 5 days  
Please consult your doctor, even if these statements were applicable to you at anytime in the past.

**Pregnancy**

Studies on effects in pregnancy have not been done in either humans or animals. However, there have been reports of antacids causing side effects in babies whose mothers took antacids for a long time, especially in high doses during pregnancy.

Do not take this product if you are pregnant (or intend to become pregnant)  
Ask your doctor or pharmacist for advice before taking any medicine

**Breast-feeding**

Do not take this product if you are breast-feeding a baby.  
Ask your doctor or pharmacist for advice before taking any medicine.

**Driving and using machines**

Contents of Gestid Suspension are not expected to affect the ability to drive and use machines.

**Taking other medicines**

Please inform your doctor or pharmacist if you are taking, or have recently taken, any other medicines, even those not prescribed but bought/obtained without a prescription. Care is needed if you are taking:  
Medicines used against bacterial infections (such as tetracyclines or quinolones).  
Medicines used to prevent and treat malaria or amoebiasis.  
Medicines used to relieve pain and inflammation during rheumatoid arthritis or against lead Poisoning, kidney stones, excess of copper in your liver or hepatitis.  
Medicines used to control mental disorders (known as phenothiazines)  
Medicines used to relieve stomach acidity (known as antacids).

In order to avoid interference with the absorption of other medicines, the intake of Gestid Suspension and other medicines should be separated by at least 2-3 hours:

**3. HOW TO TAKE GESTID SUSPENSION**

Check the medicine label to see how much Suspension to take and how often to take it.

Adults (including the elderly)  
Take 5 - 10ml, 20 minutes to one hour after meals and at bedtime or as required.

Gestid Suspension may affect the absorption of other medicines. In order to avoid interference with the absorption of other medicines, the intake of Gestid Suspension and other medicines should be separated by at least 2-3 hours.

Do not take more than recommended.

**If you take more Gestid Suspension than you should:** go to the nearest hospital casualty department, taking the medicine with you, or tell your doctor immediately. Symptoms of overdose May include dizziness, fatigue, weakness, severe nausea and vomiting, loss of appetite, drowsiness, slow or shallow breathing, or loss of consciousness.

*If you have the impression that the effect of Gestid Suspension is too strong or too weak. talk to your doctor or pharmacist*

**4. POSSIBLE SIDE EFFECTS**

Like all medicines, Gestid Suspension can cause side effects, although not everybody gets them. Gestid Suspension can occasionally cause allergic reactions. Stop taking the medicine and consult your doctor immediately if you develop rashes, hives, itching or swelling of face, lips, or hands/ feet, or breathing difficulties.

This product may cause diarrhoea or constipation in some patients.  
Other side effects not listed above may also occur in same patients. If you notice any other effects, check with your doctor.


**5. STORING GESTID SUSPENSION**

Store in the original package below 30°C, do not freeze.

Manufactured by:  
**RANBAXY**  
NIGERIA LIMITED  
a SUN PHARMA company  
KM 30, LAGOS IBADAN EXPRESSWAY,  
MAGBORO, OGUN STATE, NIGERIA.

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**Remarks** .....

**Date:** ..... **Good Name :** ..... **Sign.:** .....