

GAVISCON CHEWING GUM: FAST, ON-THE-GO HEARTBURN & INDIGESTION RELIEF IN A UNIQUE NEW ANTACID FORMAT



Reflux: a common upper GI condition



Reflux refers to **stomach contents rising** and flowing into the oesophagus (food pipe), and sometimes into the mouth (known as regurgitation). **Heartburn** (a burning sensation behind the breastbone and/or throat) and **indigestion** (pain in the upper middle part of the abdomen) are common symptoms of reflux.¹⁻⁴

For mild or occasional reflux symptoms (<2 episodes per week), **antacids alone or antacid-alginate combinations** are recommended as first-choice medicine options.⁵

Introducing Gaviscon Chewing Gum: a convenient antacid option for mild or occasional reflux



NEW antacid in a unique chewing gum format for fast, on-the-go heartburn & indigestion relief when tablet or liquid options are not convenient.

- Contains **calcium carbonate** which helps relieve reflux symptoms by **neutralising stomach acid**.^{5,6}
- **Suitable for:** adults and children 12+ years.
- **Available flavour & sizes:** Sugar Free Cool Mint 10s and 20s.

Dosing instructions:

- Take 1 to 2 chewing gum(s) when required after meals or when symptoms occur.
- Do not use more than 8 pieces in a 24-hour period for adults ≥18 years, or 5 pieces in a 24-hour period for children 12–17 years.
- Chew gum for at least 10 minutes. Do not swallow gum and dispose of appropriately.

Are customers looking for other reflux options?

Beyond the convenience of an antacid chewing gum, **Gaviscon offers a range of products** for reflux relief, suitable across different ages and stages of life.



Antacid



Alginate-based formulations



Proton pump inhibitor

First choice medicine for mild or occasional reflux symptoms⁵

First choice medicine for frequent heartburn⁵

GI, gastrointestinal.

Always read the label and directions for use.

References: 1. Gastro-oesophageal reflux in adults [published August 2022]. In: Therapeutic Guidelines. Melbourne: Therapeutic Guidelines Limited; accessed September 2024. <https://www.tg.org.au>. 2. Heading RC, et al. Eur J Gastroenterol Hepatol 2016;28(4):455–462. 3. MacFarlane B. Integr Pharm Res Pract. 2018;7:41–752. 4. Talley NJ, et al. Aust Prescr. 2017;40(6):209–213. 5. Australasian College of Pharmacy. Management of reflux: A guideline for pharmacists. July 2024. 6. Salisbury BH and Terrell JM. Antacids. StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan.

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SENOKOT DUAL ACTION WITH SOFTENER: A COMBINATION LAXATIVE FOR EFFECTIVE OVERNIGHT CONSTIPATION RELIEF



Constipation: a common lower GI condition



Constipation refers to **difficulty passing stools and/or irregular bowel movements**. Symptoms can include having **<2 bowel movements** per week, **straining** during bowel movements, passing **hard or lumpy stools**, feeling like something is **blocking** the stool, or feeling that the bowels **haven't completely emptied**.^{1,2}

For persistent or bothersome symptoms, **laxatives may be used alongside lifestyle changes** to soften stools or stimulate bowel movement.^{1,2}

Introducing Senokot Dual Action with Softener, a combination stool softener + stimulant laxative



NEW fixed-dose combination laxative containing docusate sodium and sennosides derived from senna leaf.

- **Works in two ways to provide effective overnight constipation relief:**
 - Sennosides stimulate muscles in the bowels.^{3,4}
 - Docusate sodium softens stools.⁵
- **Combining different laxatives may be more beneficial** than large doses of a single laxative.²
- **Suitable for:** Adults and children over 12 years.
- **Available sizes:** 90 and 200 tablets.

Dosing instructions:

- Take 1 or 2 tablets at night, as necessary. Increase up to 4 tablets if necessary.
- Drink plenty of water. Increase fibre in your diet except in cases of medicine induced constipation.
- Do not take for longer than a week, unless advised by your healthcare professional. Do not use when abdominal pain, nausea or vomiting are present, or if you develop diarrhoea.
- If symptoms persist, or if pregnant or breastfeeding, refer customer to their healthcare professional.

Did you know people with reflux may be more likely to experience constipation?^{6,7}

Research suggests that symptoms of reflux (like heartburn) may overlap with constipation.^{6,7}

When customers present with symptoms of both conditions, refer to the pharmacist to assess their treatment options and whether medicines like Gaviscon and Senokot can be recommended together.

GI, gastrointestinal.

Always read the label and directions for use.

References: 1. Healthdirect. Constipation. Reviewed May 2022. Available from: <https://www.healthdirect.gov.au/constipation> (accessed September 2024). 2. Functional constipation in adults [published August 2022]. In: Therapeutic Guidelines. Melbourne: Therapeutic Guidelines Limited; accessed September 2024. <https://www.tg.org.au>. 3. Bashir A and Sizar O. Laxatives. Updated 13 October 2022. StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. 4. LiverTox: Clinical and Research Information on Drug- Induced Liver Injury [Internet]. Bethesda (MD): National Institute of Diabetes and Digestive and Kidney Diseases; 2012-. Senna [updated 1 April 2020, accessed August 2023]. 5. Hannoodee S, Patel P, Annamaraju P. Docusate. [Updated 2023 Aug 17]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555942/>. 6. Ogasawara N, et al. J Neurogastroenterol Motil.2022;28(2):291-302. 7. Hosseini M, et al. Journal of Medical Hypotheses and Ideas. 2015;9(2):S4-S7.

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