

PATIENT INFORMATION LEAFLET

EMEX

SCHEDULING STATUS

S0

EMEX 3,0 g/5 mL syrup

Invert sugar 3,0 g/5 mL

Contains sugar: Invert sugar (dextrose and fructose) 3,0 g/5 mL

Read all of this leaflet carefully because it contains important information for you

EMEX is available without a doctor's prescription, for you to treat a mild illness.

Nevertheless, you still need to use EMEX carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share EMEX with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after one hour (five doses).

What is in this leaflet

1. What EMEX is and what it is used for
2. What you need to know before you take EMEX
3. How to take EMEX
4. Possible side effects
5. How to store EMEX
6. Contents of the pack and other information.

1. What EMEX is and what it is used for

EMEX belongs to a group of medicines called anti-emetics (medicines used to treat

nausea) and anti-vertigo (medicines used to treat dizziness) preparations.

EMEX is use for the symptomatic relief of nausea in motion sickness and for nausea in early pregnancy.

2. What you need to know before you take EMEX

Do not take EMEX :

- If you are hypersensitive (allergic) to invert sugar or any of the other ingredients of EMEX (listed in **section 6**)
- If you are suffering from methyl alcohol poisoning
- If you have renal failure
- If you have diabetes
- If you have hereditary fructose intolerance.

Warnings and precautions

Special care should be taken with EMEX:

- If you are still nauseous after taking five doses of EMEX. If nausea continues or recurs frequently, consult a physician promptly since this may be a sign of a serious condition.
- Fluids must not be taken immediately prior to or for at least fifteen (15) minutes after a dose of EMEX because of the diluting effects
- In children less than 3 years of age, the use of EMEX is not recommended.
- EMEX contains 3 g of a mixture of fructose and glucose per dose. This should be taken into account in patients with diabetes mellitus.
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking EMEX.

Other medicines and EMEX

Always tell your health care provider if you are taking any other medicine (This includes complementary or traditional medicines).

EMEX should not have any effects on the concomitant use with other medicines.

EMEX with food, drink and alcohol

Oral fluids should not be taken immediately before or for at least fifteen (15) minutes after the dose.

Pregnancy, breastfeeding and fertility

There are no data on pregnancy, breastfeeding and fertility.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking EMEX.

Driving and using machines

EMEX has no effect on the ability to drive and use machines.

It is not always possible to predict to what extent EMEX may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which EMEX affects them.

3. How to take EMEX

Do not share medicines prescribed for you with any other person.

Always take EMEX exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Do not dilute the dosage since the optimal pH for functioning will be destroyed. Oral fluids should not be taken immediately before or for at least fifteen (15) minutes after the dose. Shake the bottle well before use.

The usual dose is:

Motion sickness (car, air, etc.):

Adults: Three (3) to six (6) (15 to 30 mL) medicine measures. Dose may be repeated every fifteen (15) minutes until distress subsides but should not be taken for more than one (1) hour (five doses) without consulting a doctor.

Morning sickness: Three (3) to six (6) (15 to 30 mL) medicine measures. Dose should be taken on arising and repeated every three hours as needed.

Children over 3 years of age: One (1) to two (2) (5 to 10 mL) medicine measures. Dose may be repeated every fifteen (15) minutes until distress subsides but should not be taken for more than one (1) hour (five doses) without consulting a doctor.

Children under 3 years of age: Use is not recommended.

If you take more EMEX than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take EMEX

Do not take a double dose to make up for the forgotten individual doses.

4. Possible side effects

EMEX can have side effects.

Not all side effects reported for EMEX are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking EMEX, please consult your health care provider for advice.

EMEX has no known side effects.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8> or by e-mail: drugsafety@cipla.com or telephone: 080 222 6662 (toll free) . By reporting

side effects, you can help provide more information on the safety of EMEX.

5. How to store EMEX

- Store all medicines out of the reach and sight of children.
- Store at or below 25 °C, at ambient (normal) conditions of humidity (moisture)
- Do not use after the expiry date stated on the label.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6. Contents of the pack and other information

- The active substance is invert sugar 3,0 g/5 mL.
- The other ingredients are methylhydroxybenzoate (methylparaben), phosphoric acid, spearmint LR21774 and water.

What EMEX looks like and contents of the pack

EMEX is a colourless to slightly opalescent spearmint flavoured syrup.

EMEX is packed in 100 mL or 200 mL medical round amber bottles made from type II soda glass with 28 mm white polypropylene cap or 28 mm duet medprop cap.

Holder of Certificate of Registration

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