

USES (INDICATION) OF COLPERMIN

Colpermin is used for the treatment of symptoms associated with Irritable Bowel Syndrome (IBS). These frequently include:

- Abdominal pain
- Abdominal spasms
- Abdominal distension/bloating

Colpermin may also be used to treat intestinal spasms secondary to other gastrointestinal disorders and premenstrual bloating.

In Austria only, there is an additional indication approved of Diverticular disease.

ACTIVE INGREDIENT IN COLPERMIN

Colpermin capsules each contain 0.2 mL (187 mg) of natural peppermint oil incorporated in a paste-like gel base.

Peppermint oil is obtained from the leaves and stems of the flowering peppermint plant, *Mentha Piperita* L, by steam distillation.



MECHANISM OF ACTION OF COLPERMIN

Colpermin capsules are coated with a pH resistant material which ensures that the active ingredient is not released until the region of the colon, where the symptoms of IBS occur.

Peppermint oil is then released slowly from the oleo-gel matrix to bring prolonged relief.

Peppermint oil has a relaxant, antispasmodic effect especially on the muscles of the large bowel or colon and in bowel spasm, particularly large-bowel spasm.

Colpermin helps to treat unpleasant sensations of fullness and bloating, and facilitates the passing of bowel gases, so relieving accompanying cramp-like pain.

TREATMENT WITH COLPERMIN



Once a physician has identified the symptoms and made a positive IBS diagnosis, Colpermin may be recommended to relieve certain IBS symptoms. The dosage of Colpermin is as follows:

- Adults: one capsule 3 times daily with a glass of water. The dose may be increased to a maximum of 2 capsules 3 times daily or as directed by a physician.
- Children: in children under 15 years of age, Colpermin should be administered only if expressly prescribed by a doctor.

When taking Colpermin it is important to follow the instructions on the pack carefully:

- Colpermin capsules should be taken 30 to 60 minutes before meals.
- Colpermin capsules should not be taken with food or immediately after meals.
- Colpermin capsules must be swallowed whole, with a little liquid. Capsules must not be chewed or crushed.

DURATION OF USE FOR COLPERMIN

IBS symptoms should decrease or disappear after a couple of days. If the abdominal pain and discomfort persist for more than 2 weeks, it is advisable to see the doctor again.

BEFORE TAKING COLPERMIN

It is advisable to consult a doctor before taking Colpermin, especially if the IBS symptoms are accompanied by:

- Blood in the stool
 - Nausea or vomiting
 - Severe constipation or persistent diarrhoea
 - Fever
 - Pregnancy
 - Loss of appetite and/or loss of weight
 - Vaginal discharge or bleeding or pain passing urine
- or if you have recently travelled abroad.

SAFETY OF COLPERMIN

Colpermin is usually very well tolerated. Occasionally heartburn and anal irritation can occur. If heartburn is experienced and it becomes worse while taking Colpermin, the medication should be stopped. In rare cases, allergies to peppermint oil or peanut oil, which is another ingredient of Colpermin, can occur.

Over 500 million capsules have been sold worldwide and no serious side effects have been reported.