

Mevelum

Psyllium Husk BP 3.5 g &
Mebeverine Hydrochloride BP 0.135 g

Presentation

Each sachet of **Mevelum** contains Psyllium Husk BP 3.5 g & Mebeverine Hydrochloride BP 0.135 g.

Description

Mevelum contains two active ingredients: Psyllium Husk & Mebeverine. Psyllium Husk is derived from the husks of the seeds of *Plantago ovata*. It contains up to 70% of soluble and 30% of insoluble fibers. Psyllium Husk is capable of absorbing up to 40 times of water of its own weight and part of its activity can be attributed to its action as a simple bulking agent. It swells as it absorbs water in the bowel and the increased bulk in the bowel helps regulate bowel movement. It also softens stools and makes them pass through the bowel more easily which helps relieve constipation. In diarrhea, whole colonic transit is faster, which can be delayed due to dietary fiber. Psyllium Husk binds water, which prevents both excessive hydration and dehydration of stools. Mebeverine is an antispasmodic agent used to treat (abdominal) cramps. It acts directly on smooth muscle of gastrointestinal tract & used to treat bowel spasm.

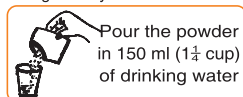
Indications and uses

Psyllium Husk & Mebeverine combination is used to treat all types of Irritable Bowel Syndrome (IBS) like IBS-C, IBS-D and IBS-A. Thus, Psyllium Husks and Mebeverine combination relieves all symptoms of IBS simultaneously.

Dosage and administration

Adults & Children over 12 years: One sachet in morning & in evening, taken half an hour before meals. A third dose may be taken before the mid-day meal if necessary.

The powder of Mevelum must be poured into a glass of 150 ml (1½ cup) of drinking water, then mix the powder with water by stirring spoon. It is important to drink plenty of water (at least 1.5 liters) during the day.



Side-effects

Psyllium Husk & Mebeverine combination is generally well tolerated. The commonly noted side-effects include:

- Stomach ache, nausea, bloating. These side-effects generally disappear after a few days
- Allergic reactions such as skin rash

Precautions

Do not take medication without water. It is important that powder is stirred into a glass of water before taking. Do not take this medicine just before going to bed.

Use in pregnancy and lactation

Psyllium Husk does not contain harmful substances and is therefore safe to use during pregnancy and while breastfeeding. However, Mebeverine does get into the bloodstream and breast milk. It is therefore advisable to only use Psyllium Husk & Mebeverine combination with the doctor's approval in case of pregnancy.

Contraindications

The drug is contraindicated if patients are allergic to it, in cases of intestinal obstruction, faecal impaction and if patient has phenylketonuria.

Drug interaction

Psyllium Husk may delay gastric emptying time and reduce the absorption of calcium, iron and zinc. Therefore, other agents should be taken one hour before or a few hours after taking Psyllium Husk & Mebeverine combination.

Overdose

Symptoms of Psyllium Husk overdose may include abdominal discomfort and flatulence. In case of overdose, patient should drink plenty of water. In case of Mebeverine, it may be predicted that CNS excitability will occur. No specific antidote is known; gastric lavage & symptomatic treatment is recommended.

Storage

Mevelum should be stored below 30°C. Protect from moisture and light.

Packaging

Each box contains 20's sachet.

Manufactured by



Ziska Pharmaceuticals Ltd.

Kaliakoir, Gazipur, Bangladesh