

## Vivomixx Capsules

### What is this medication for?

Vivomixx is a probiotic supplement containing 8 strains of live bacteria. This probiotic helps to restore the balance of the intestinal flora to maintain a healthy gut. Vivomixx is suitable for people with diarrhea, constipation or bloating. It may take up to a few weeks before the full effect of Vivomixx is seen.

### How should I take/use this medication?

- You may take this medication with or without food but best taken before breakfast.
- The usual recommended dose is 1 to 4 capsules daily (up to maximum of 8 capsules per day).
- Vivomixx capsules may be taken with a glass of water or opened and mixed in water or yogurt.
- Space Vivomixx apart from antibiotics.

### What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

### What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.

### What are some common side-effects of this medication?

- Bloating
  - This should improve with time as your gut adapt to the new bacteria in Vivomixx

## **What are some rare but serious side-effects that I need to seek medical advice immediately?**

The symptoms of drug allergic reactions include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

## **How should I store this medication?**

Store in the refrigerator between 2 to 8 °C. Do not freeze.

However, it may be stored at room temperature (maximum of 25 °C) for up to one week without affecting the quality of Vivomixx.

## **How should I throw away this medication safely?**

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

## **Disclaimers**

Please take note that the above is not a complete list of all possible side effects. If you have any concerns about your medication or if you have other side effects that you think are caused by this medication, please consult your doctor or pharmacist.

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

## Alexandra Hospital

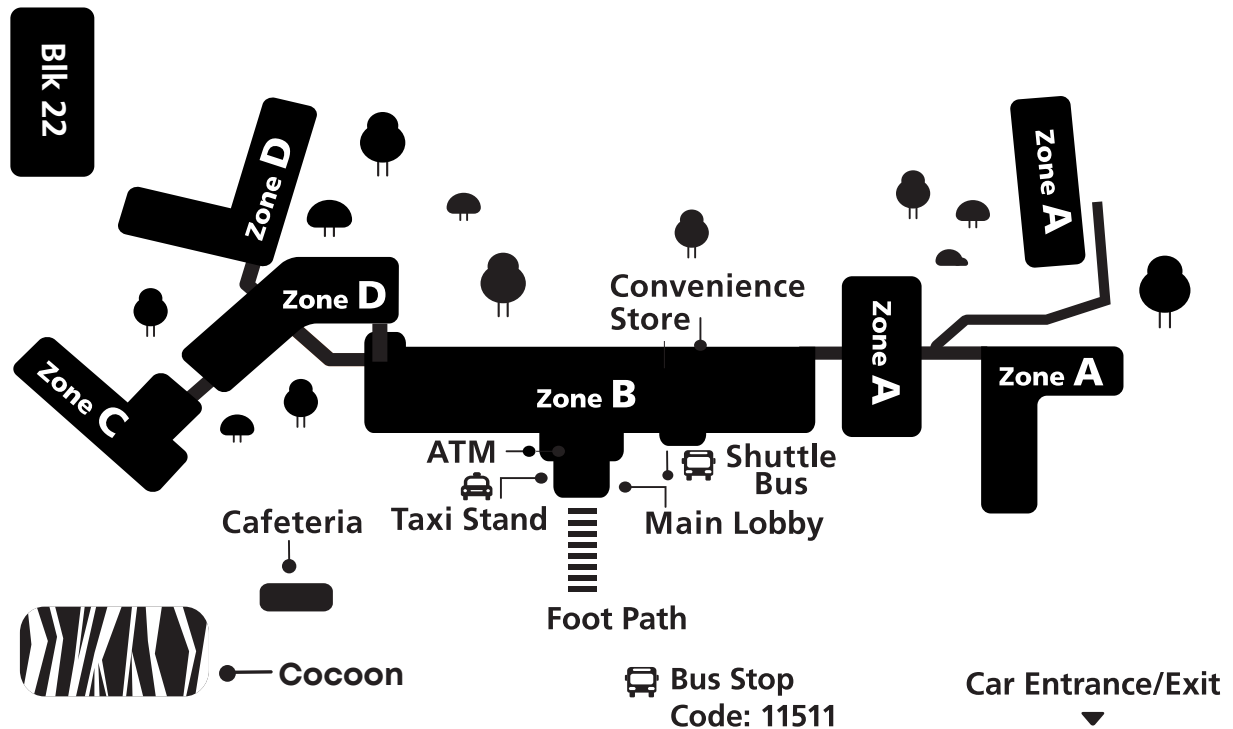
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