

ABOUT PREMENSTRUAL SYNDROME (PMS)

The Cause of PMS

Research into PMS has found that women who suffer from it tend to have a malfunction in the production of hormones during the menstrual cycle. Some women were found to be deficient in progesterone and some had more oestrogen than expected. The conclusion is that the imbalance between these two hormones is responsible for upsetting the normal working of the menstrual cycle, causing many of the symptoms of P.M.S.

The Symptoms

Tender Breasts

The breasts tend to become swollen and very tender to the touch. In some extreme cases, you may need a larger bra, as your normal size feels tight and constricting. There are two main causes of this problem - water retention in the breast tissue and the hormonal changes affecting the flow of blood in the skin and underlying tissue.

Headaches or Migraines

Headaches come in many forms, from dull throbbing, to sharp pains in the forehead. Often they respond to normal treatment from pills but they are also helped by avoiding stressful situations. Not to be confused with a normal headache, the symptoms of a migraine are seeing bright lights, feeling sick or dizzy and, in some cases, experiencing numbness or pins and needles in the limbs. The migraine that follows can last a short time or even for days.

Water Retention

As a result of hormonal changes, the body's tissues and cells retain more water than usual. Instead of passing this water naturally through urination and perspiration, it collects in various parts of the body. The more common parts that are affected by this are the abdomen, thighs, ankles, fingers and breasts. Although generally only about 2 or 3 pounds, in some cases weight gain can be as much as 5 or 6 pounds. Not surprisingly, this can result in a bloated, uncomfortable feeling. Water retention can be self-treated with a mild diuretic.

Lack of Co-ordination

Half of all accidents occurring to women in the home or on the roads happen during the week before menstruation. It appears that tension can diminish concentration which often results in general clumsiness. This tension can also cause a stiffening of the muscles which would also account for a general lack of co-ordination.

Aches and Pains

Many women regularly experience a general feeling of stiffness, accompanied by dull aching in various parts of the body. Sometimes these symptoms are localised in the shoulders, legs or hands. Occasionally, you may experience pain all over. Again, tension is the most common cause.

Tension

You may feel moments of panic or feel unsettled and worried about nothing at all. As tension builds up, it becomes more difficult to control and can result in irritability. This manifests itself in many ways including sudden, unexplained loss of temper and snappishness. For some women, it is not so much a loss of temper as a loss of good humour that shows up in P.M.S. Lethargy, too, is a very common premenstrual problem, often caused by the lowering of blood sugar levels. Your body may be just generally feeling below par and therefore unable to find its normal energy level.

What can I do about P.M.S.?

Take the first step by knowing what your symptoms are and when they occur, so that you are ready to cope with them. If many of your symptoms are severe, you would be wise to consult your doctor. In mild cases you can, to an extent, treat yourself. Once you know when you are liable to have the problem, you can organise how you are going to get round it. Knowledge of the fact goes a long way to conquering the problem and finding the answers for yourself.

Aqua-Ban[®]

Tablets

Ammonium Chloride • Caffeine

For a large print, Braille or audio version of this leaflet please telephone: 01452 524012

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

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must talk to a doctor if you do not feel better or if you feel worse after 5 days.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

In this leaflet:

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

I. What Aqua-Ban is and what it is used for

Aqua-Ban tablets are for the relief of pre-menstrual water retention. Aqua-Ban contains two diuretics which help you get rid of excess water which can build up before a period.

ABC leaflet 633011

Date: 11/11/16

Amends author: ML

Brief Description:
SEE SHEET

Size: 165mm x 140mm

Colours:

K  Pantone 300 



2. What you need to know before you take Aqua-Ban

Do not take Aqua-Ban if you:

- are suffering from liver or kidney problems
- are allergic to Ammonium Chloride, Caffeine or any of the other ingredients of this medicine (listed in section 6)
- are pregnant or breast-feeding

Warnings and precautions

If symptoms worsen or do not improve after 5 days, contact a doctor.

Other medicines and Aqua-Ban

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including those obtained without a prescription.

Pregnancy and breast-feeding

Do not take Aqua-Ban tablets if you are pregnant or breast-feeding.

3. How to take Aqua-Ban

Women with pre-menstrual water retention:

Always take this medicine 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.

The recommended dose is:

Swallow 2 tablets three times a day after meals starting four or five days before expected period until period begins. Do not take for more than 5 days. Not recommended for children under 12 years old.

If you take more Aqua-Ban than you should

Seek immediate medical advice in the event of an overdose.

If you forget to take Aqua-Ban

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

4. Possible side effects

Like all medicines, Aqua-Ban can cause side effects, although not everybody gets them.

You may notice any of the following mild side effects:

- nausea (feeling sick)
- abdominal cramps or stomach pains

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also

report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Aqua-Ban

Keep out of the sight and reach of children.

Do not take Aqua-Ban after the expiry date which is stated on the carton and the blister pack.

Do not store above 25°C.

Do not use if foil strip is damaged.

6. Further information

What Aqua-Ban contains

The active substances per tablet are:

Ammonium Chloride.....	325mg
Caffeine	100mg

The other ingredients are:

Core: Magnesium Stearate, Microcrystalline Cellulose, Povidone.

Coating: Benzoic Acid, Colloidal Anhydrous Silica, FD&C Blue #2, Hypromellose, Iron Oxide, Methacrylic Acid Copolymer, Sodium Bicarbonate, Sodium Lauryl Sulphate, Simethicone, Stearate Emulsifiers, Sorbic Acid, Talc, Thickeners, Titanium Dioxide, Triethyl Citrate.

What Aqua-Ban looks like and contents of the pack

Aqua-Ban tablets are blue, circular, gastro-resistant, film-coated tablets. They are available in blister packs containing 30 tablets.

Marketing Authorisation Holder and Manufacturer



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