

Mebeverine

Category:

Antimuscarinic, Antispasmodic Agent / Gastrointestinal

Mechanism of action:

Mebeverine is a musculotropic antispasmodic agent which exhibits selective activity on the smooth muscles of the GI tract.

It may alter contractile activity and small bowel motor activity in patients diagnosed with irritable bowel syndrome. Mebeverine may also exhibit prokinetic and antispasmodic activity in the small intestine. Further studies in clinical settings are needed to determine a complete mechanism of action.

Pharmacokinetics:

- ❖ **Absorption:** Rapidly absorbed from the GI tract after oral administration; Best absorbed if taken 20 minutes before a meal.
- ❖ **Distribution:** plasma protein binding is 75% to albumin, equally distributed to all tissues.
- ❖ **Metabolism:** Metabolized via esterases to veratric acid and mebeverine alcohol. Mebeverine alcohol then undergoes further metabolism of which the glucuronide and sulfate forms are the most relevant. Metabolites are: Veratric acid, Mebeverine alcohol, Mebeverine glucuronide, Mebeverine sulfate.
- ❖ **Excretion:** via urine, All metabolites: 95% to 98% within 8 hours of oral administration.

Indications:

Irritable bowel syndrome

- ❖ Mebeverine hydrochloride 135 milligrams orally 3 times daily have demonstrated efficacy in reducing both the severity and number of painful

incidents associated with irritable bowel syndrome in adults. Mebeverine has an excellent adverse effect profile, which together with its efficacy, make it a good choice for the treatment of irritable bowel syndrome.

Administration and Dosage:

- ❖ The usual oral adult dose of mebeverine hydrochloride for irritable bowel syndrome is one 135-milligram tablet 3 times daily taken with fluids 20 minutes before a meal.
- ❖ The dosage of mebeverine may be reduced gradually after a few weeks of treatment, if the desired effect has been achieved.
- ❖ In children over 10 years of age, the usual oral dosage of mebeverine for irritable bowel syndrome is either a 135 milligram tablet administered with fluids.

Contraindications:

- ❖ Hypersensitivity to mebeverine
- ❖ Severe hepatic impairment

Precautions:

- ❖ Mild-to-moderate hepatic dysfunction
- ❖ Mild-to-moderate renal dysfunction
- ❖ Cystic fibrosis
- ❖ Cardiac disorders

Pregnancy and breast feeding:

- ❖ This medicine should be used with caution during pregnancy, and only if the expected benefit to the mother is greater than any possible risk to the foetus. Seek medical advice from your doctor.

- ❖ This medicine passes into breast milk, but the amount is considered too small to be harmful to a nursing infant. Seek further medical advice from your doctor.

Drug Interactions:

No interaction studies have been performed.

Side effects:

- ❖ Dermatologic: skin reactions have been reported.
- ❖ Gastrointestinal: nausea was reported.
- ❖ Neurologic: dizziness and headache have been reported.

Storage:

- ❖ Store below 30 °C
- ❖ Protect from moisture and light
- ❖ Keep out of the reach of children

Packaging:

Mebeverine is available as 135 mg F.C tablets in box of 30 tablets.