Simethicone (si-meth-i-kone)

**Doses:** Extra Strength Gas-X, Gas Relief, Gas-X, Genasyme, Infacol, Maximum Strength Mylanta Gas, Mylanta Gas, Mylicon, Ovol, Pediacol, Phazyme

**Classification:** Therapeutic: antiflatulent

**Pregnancy Category:** UK

**Indications**
Relief of painful symptoms of excess gas in the GI tract that may occur postoperatively or as a consequence of: Air swallowing, Dyspepsia, Peptic ulcer, Diverticulitis.

**Action**
Causes the coalescence of gas bubbles. Does not prevent the formation of gas. 

**Therapeutic Effects:** Passage of gas through the GI tract by belching or passing flatus.

**Pharmacokinetics**

- **Absorption:** No systemic absorption occurs.
- **Distribution:** Not extensively distributed.
- **Metabolism and Excretion:** Excreted unchanged in the feces.
- **Half-life:** Unknown.

**TIME/ACTION PROFILE (antiflatulent effect)**

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>ONSET</th>
<th>PEAK</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO</td>
<td>immediate</td>
<td>unknown</td>
<td>3 hr</td>
</tr>
</tbody>
</table>

**Contraindications/Precautions**

- **Contraindicated in:** Treatment of diarrhea.
- **Use Cautionally in:** Abdominal pain of unknown cause, especially when accompanied by fever. GI obstruction. 

**Adverse Reactions/Side Effects**

- None significant.

**Interactions**

**Drug-Drug:** None significant.

**Route/Dosage**

**PO (Adults):** 40–125 mg qid, after meals and at bedtime (up to 500 mg/day).

**PO (Children 2–12 yr):** 40 mg 4 times daily.

**PO (Children <2 yr):** 20 mg 4 times daily (up to 240 mg/day).

**NURSING IMPLICATIONS**

**Assessment**
- Assess patient for abdominal pain, distention, and loud sounds prior to and periodically throughout course of therapy. Frequency of belching and passage of flatus should also be assessed.

**Potential Nursing Diagnoses**

- Acute pain (Indications)

**Implementation**
- **PO:** Administer after meals and at bedtime for best results. Shake liquid preparations well prior to administration. Chewable tablets should be chewed thoroughly before swallowing, for faster and more complete results. Droppers can be mixed with 30 mL of cold water, infant formula, or other liquid as directed. Shake well before using.

**Patient/Family Teaching**
- Explain to patient the importance of diet and exercise in the prevention of gas. Also explain that this medication does not prevent the formation of gas.
- Advise patient to notify health care professional if symptoms persist.

**Evaluation/Desired Outcomes**
- Decrease in abdominal distention and discomfort.

**Why was this drug prescribed for your patient?**