This information was up to date at the time of release to the Heads of Midwifery.
The editorial board does not accept liability for any errors or omissions following its subsequent publication.
Updating arrangements for the formulary should be decided upon and implemented at a local level.

Peppermint water

Legal status (GSL, P or POM on exemption list, or PGD)	GSL - midwife may supply
Patient group	Antenatal and postnatal women until discharged from midwifery care.
Clinical indication	Abdominal colic and flatulence.
Pharmacology (Onset and duration of action where appropriate)	Colic and flatulence are problems associated with pregnancy and are usually worse during the third trimester and just after delivery. Peppermint water absorbs gases and causes relaxation of the gastro-intestinal smooth muscle. Its efficacy is variable.
Pharmaceutical form, strength, route of administration	Peppermint water contains 2.5 microlitres of peppermint oil per 5ml. For oral administration.
Dose, frequency and maximum number of doses or period of time for administration or supply	10- 20ml given in warm water as required up to four times daily (but up to 40ml can be given) while an inpatient. A maximum of 200ml to be supplied on discharge or to outpatients.
Contra-indications/exclusion criteria	▪ known hypersensitivity to any component of the medicine ▪ hypersensitivity to menthol ▪ cholangitis, gallstones and any other biliary disorders
Cautions and action that will be taken if a caution applies	▪ may worsen symptoms of gastroesophageal reflux (heartburn) if so it should be discontinued ▪ inflamed and ulcerated conditions of the gastrointestinal tract ▪ allergic reaction may be delayed in onset ▪ check for and document any allergies ▪ check and document past medical and drug history and current medication to ascertain potential for overdose ▪ if a caution applies consult with a doctor ▪ document consultation in maternity record
Medicine interactions and action that will be taken if a patient is taking a medicine that may interact	▪ none reported ▪ if there is a clinically significant drug interaction, consult with a doctor before administration or supply ▪ document consultation in maternity record ▪ refer to current BNF for latest information on interactions

Peppermint water

Potential adverse reactions and side effects including actions to be taken if adverse medicine reaction is suspected	▪ *irritation to the gastric mucosa and exacerbation of heartburn* ▪ *inta-oral symptoms caused by contact sensitivity such as burning mouth syndrome, recurrent oral ulceration or a lichenoid reaction have been reported - the frequency is not known* ▪ *allergic reactions to menthol have been reported, with headache, bradycardia, muscle tremor, ataxia, anaphylactic shock and erythematous skin rash* ▪ *on labour* Nil ▪ *on the neonate* Nil ▪ *on breast feeding* Nil ▪ *if a serious adverse reaction is suspected please report to the MHRA Yellow Card Scheme http://yellowcard.mhra.gov.uk/*
Overdose	▪ no cases have been reported with peppermint water ▪ peppermint oil can cause; a burning sensation in the mouth and throat, hypersalivation, nausea, vomiting, diarrhoea and haematemesis ▪ delayed features include ataxia, dizziness, headache, drowsiness, excitement, delirium, respiratory depression, convulsions and coma ▪ hypotension, tachycardia, hypernatraemia, hypokalaemia, hypoglycaemia and metabolic acidosis may occur ▪ immediate assessment/treatment is essential - refer to medical staff ▪ manage in accordance with established treatment guidelines or see BNF overdose section ▪ for further advice contact National Poisons Centre 0344 892 0111
Action if patient declines	▪ refer to authorised prescriber or doctor ▪ document in maternity record
Additional advice and information	▪ advise to contact midwife/GP if condition worsens or symptoms persist ▪ supply the manufacturer's patient information leaflet if requested
Patient monitoring arrangements during and after treatment and follow-up required	Refer to medical staff if no improvement after 2 days.
Particular storage requirements	-

References

1. Summary of Product Characteristics – Martindale Pharma. Text revision 29.10.2018 Accessed 23.12.2019 http://medicines.org.uk/
2. http://www.bnf.org