

Maalox (aluminum / magnesium / simethicone) basics

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Relieves heartburn and indigestion. Maalox (aluminum / magnesium / simethicone) gives quick relief for heartburn, gas, and bloating, but it may not be as effective or last as long as other antacids.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
Maalox (aluminum / magnesium / simethicone) Drug effectiveness					
Possible side effects†					
Nausea					
Constipation					
Diarrhea					
Headache					

† Data on frequency of side effects is not available.

Tips from pharmacists

- Starts working within minutes, and lasts for 1-2 hours.
- If you are using the liquid product, shake well before using.
- Don't take more than the recommended amount per day on the package. If you need to take this for more than 2 weeks, talk to your doctor.
- People on a magnesium-restricted diet may need to avoid Maalox. Ask your doctor.
- Talk to your doctor or pharmacist about foods to avoid that can help prevent heartburn.
- Eating smaller portion sizes and not eating 3 hours before bedtime can help prevent heartburn.

Risks and warnings

Contact your doctor if you experience any of these.

Long term use

Maalox (aluminum / magnesium / simethicone) should not be used for more than 2 weeks. If you need to use Maalox (aluminum / magnesium / simethicone) more than 2 times a week or if your symptoms do not go away after 2 weeks, stop using Maalox (aluminum / magnesium / simethicone) and talk to your doctor. You may need stronger therapy. Talk to your doctor or pharmacist about lifestyle and dietary changes that can help prevent heartburn.

Aluminum and magnesium overdose

Maalox (aluminum / magnesium / simethicone) contains aluminum and magnesium that can build up in your kidneys if you have kidney problems which can be dangerous. Talk to your doctor or pharmacist before taking Maalox (aluminum / magnesium / simethicone) to see if it is right for you. Don't take more than the maximum amount per day as shown on the label.

Drug interactions

Maalox (aluminum / magnesium / simethicone) can interact with your other medicines. Let your doctor or pharmacist know all your other medicines, including prescription, over the counter, and vitamins and supplements. You may need to take Maalox (aluminum / magnesium / simethicone) 1 to 2 hours apart from your other medicines.