



- This medicine is used to relieve chesty coughs and help clear the stuffy, blocked up feeling in your nose and sinuses and reduce catarrh.
- This medicine is for use by adults and children aged 12 years and over.
- **Do not take this medicine:**
  - There are some people who should not take this medicine. *To find out if you are one of them see section 2* ▶
  - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6* ▶
- **Speak to your doctor:**
  - If you suffer from any of the conditions mentioned in section 2. *See section 2* ▶
  - If you are taking any **other medicines**. *See section 2* ▶
- **Follow the dosage instructions carefully.** These are shown in the table. *See section 3* ▶

**Now read this whole leaflet carefully before you use this medicine.** Keep the leaflet: you might need it again.

## 1 What the medicine is for

Benylin Mucus Cough plus Decongestant Syrup is a medicine which is used to relieve chesty coughs, help clear the stuffy, blocked up feeling in your nose and sinuses and reduce catarrh. The syrup contains pseudoephedrine hydrochloride, which is a decongestant that relieves nasal and sinus congestion and guaifenesin, which is an expectorant that helps to loosen the mucus in your throat and chest.

This medicine is for use by adults and children aged 12 years and over.

## 2 Before taking this medicine

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

### X Do not use this medicine...

- If you have ever had a **bad reaction** (e.g. rash, swelling of face and throat, difficulty breathing) to any of the ingredients.
- If you have **very high blood pressure** or **severe heart disease**.
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs).
- If you have had a **cough** for a few weeks, or a cough which brings up any blood or a lot of mucus that may be caused by **asthma** or **emphysema**.
- If you have **alcohol dependence**.
- If you are taking **any other cough and cold medicine**.
- For a child under 12 years old.

If any of these apply to you, **get advice from a doctor or pharmacist without taking Benylin Mucus Cough plus Decongestant Syrup.**

### ! Talk to your doctor or pharmacist...

- If you have **liver** or **kidney problems**.
- If you have **high blood pressure** or **heart disease**.
- If you have **diabetes** or have been diagnosed with an **intolerance to some sugars**.
- If you are taking **alcohol**.
- If you have an **overactive thyroid gland**.
- If you have **glaucoma** (increased pressure in the eye).
- If you have **prostate problems** (difficulty with passing water or needing to pass water often).
- If you are taking any **other medicines**, including:
  - **Antihypertensives** (drugs used to treat **high blood pressure** such as guanethidine, methyl dopa, alpha and beta blockers, debrisoquine, bretylium and betanidine).

- **Sympathomimetic drugs** (stimulants or appetite suppressants and drugs used to treat **congestion** and **asthma**).
- **Tricyclic antidepressants** (used to treat **mood disorders**).

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist**.

### ! If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breast-feeding.

### ! Some of the ingredients can cause problems

- Each 5 ml of this medicine contains 3 g of sucrose. This may be harmful to your teeth. This should be taken into account in patients with diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- This medicine contains 5% v/v ethanol (alcohol), which is up to 190 mg per 5 ml, equal to 5 ml beer or 2 ml wine per 5 ml. This can be harmful for those suffering from alcoholism. The ethanol content should be taken into account in pregnant or breast-feeding women, children and high-risk groups such as patients with liver disease or epilepsy.
- Methyl hydroxybenzoate and propyl hydroxybenzoate may cause allergic reactions such as skin rash; this may happen after a few days.
- The colourings Ponceau 4R (E124) and Sunset Yellow (E110) in this medicine may cause allergic reactions.

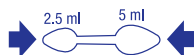
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### 3 How to take this medicine

#### **i** Check the table that follows to see how much medicine to take.

- For oral use only.
- Always **shake the bottle** thoroughly before use.
- Do not use more than the stated dose shown in the table.
- Do not overfill the spoon.

There is a double-ended spoon in the pack.



#### **i** Children under 12 years

Do not give to children under 12 years.

#### **i** Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over	Two large 5 ml spoonfuls every 4 - 6 hours, up to 4 times a day

- Leave at least 4 hours between doses.
- Do not give more than 4 doses in 24 hours.
- If symptoms persist talk to your doctor.

#### **i** If anyone has too much

If anyone has too much contact a doctor or your nearest Accident & Emergency Department (Casualty) taking this leaflet and pack with you.

#### **i** If you forget to take the medicine

If you forget to take a dose, take the next dose when needed provided that the last dose was taken at least 4 hours ago. Do not take a double dose.

### 4 Possible side-effects

Benylin Mucus Cough plus Decongestant Syrup can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

#### If anyone experiences any of the following, stop using this medicine and talk to your doctor:

- A few people have had hallucinations, but this is rare.
- Occasionally people get skin rashes that are sometimes itchy.
- A few men, especially those with prostate problems, may have trouble passing water.

#### Other effects which may occur include:

- Restlessness, having trouble getting to sleep or bad dreams.

If you experience any side-effects not included in this leaflet or are not sure about anything, **talk to your doctor or pharmacist.**

### 5 Storing this medicine

Do not store above 25°C.

Do not refrigerate.

Keep the product out of the reach and sight of children.

Keep the container in the outer carton.

Do not use after the end of the month shown as an expiry date on the packaging.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

### 6 Further information

#### What's in this medicine?

**The active ingredients in Benylin Mucus Cough plus Decongestant Syrup are:** 100 mg Guaifenesin and 30 mg Pseudoephedrine hydrochloride in each 5 ml spoonful.

**Other ingredients are:** Sucrose, glycerol, methyl hydroxybenzoate (E218), propyl hydroxybenzoate (E216), ethanol (alcohol), Ponceau 4R (E124), flavouring (wild cherry and menthol), Sunset Yellow (E110) and purified water.

#### What the medicine looks like

Benylin Mucus Cough plus Decongestant Syrup is a clear orange-red cherry flavoured liquid available in 100 ml glass bottle.

**The Product Licence holder:** McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

**Manufacturer:** Famar Orléans, 5 avenue de Concy, 45071 Orléans, Cedex 2, France.

**This leaflet was revised March 2010.**

Benylin is a registered trade mark.



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