

PACKAGE LEAFLET: INFORMATION FOR THE USER

Pollenase 4mg Tablets (Chlorphenamine Maleate)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without a prescription, for you to treat a mild illness without a doctor's help. Nevertheless you still need to use Pollenase 4mg Tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Ask your pharmacist if you need more information or advice
- You must see a doctor if your symptoms worsen or do not improve.

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1. What Pollenase 4mg Tablets are and what they are used for

The active ingredient in your tablets is chlorphenamine maleate. Chlorphenamine is an antihistamine drug, which is used to control allergic reactions.

Its main use is for the relief of symptoms of hay fever and it is also used for the relief of the itchy skin reaction to insect bites and food allergies. The tablets can also be used to help relieve the runny nose often experienced with rhinitis and pruritus (itchy conditions of the vulval and anal areas).

2. Before you take Pollenase 4mg Tablets

Do not take these tablets if:

- you have ever had an allergic reaction to antihistamines or to any of the ingredients listed in section 6.
- you have taken monoamine oxidase inhibitors (MAOIs) prescribed for depression in the last two weeks.
- if you are taking other medicines containing other antihistamines, including products for the relief of coughs and colds

Tell your doctor or pharmacist before you take this medicine if:

- If you have very high blood pressure, heart disease, epilepsy, glaucoma, enlarged prostate, liver disease, bronchitis, asthma or bronchiectasis.
- you have an intolerance to some sugars

Pregnancy and breast-feeding

Talk to your doctor before taking Pollenase 4mg Tablets if you are pregnant or breast-feeding.

Driving and using machines

Pollenase 4mg Tablets may cause drowsiness. Do not drive or operate machinery if affected.

Taking with food and drink

Avoid drinking alcohol at the same time as taking Pollenase 4mg Tablets as this may cause drowsiness.

Important information about some of the ingredients of Pollenase 4mg Tablets

Pollenase 4mg Tablets contain lactose monohydrate. If you have been told by your doctor that you have an intolerance to some sugars you should not take this medicine.

Taking other medicines

If you are taking other medicines tell your doctor or pharmacist before using this medicine if you are taking any prescribed medicines; particularly phenytoin (for epilepsy) or medicines for anxiety or to help you sleep.

3. How to take Pollenase 4mg Tablets

Adults and children aged over 12 years

Take one tablet every 4 to 6 hours as needed.

Children from 6 to 12 years:

Take half a tablet every 4 to 6 hours as needed.

Talk to your doctor or pharmacist before this medicine as you may be more likely to get side effects including confusion and you may be needed to take a lower dose.

- Do not more than the recommended dose.
- Do not give to children under 6 years.

Take the tablets as instructed with a good drink of water.

If symptoms do not go away, talk to your pharmacist or doctor.

If you take more Pollenase 4mg Tablets than you should

Contact your doctor or casualty department. Do not drive if you have taken too many tablets.

If you forgot to take Pollenase 4mg Tablets

If you should miss a dose, do not double up to compensate the missed dose, but wait until the next dose time and continue with your normal routine.

4. Possible side effects

Like all medicines, Pollenase 4mg Tablets can cause side effects, but not everyone gets them.

Children and older people are more prone to side effects.

- The most common side effect is drowsiness. This drowsiness can be helpful if the symptoms are particularly troublesome at night.

Stop taking this product and consult your doctor if you experience:

- **Allergic reactions which can be severe, signs include raised and itchy skin, swelling of the face or mouth causing difficulty in breathing.**
- **Liver problems (Symptoms could include yellowing of the skin or the whites of the eyes).**
- **Anaemia (The body doesn't have enough red blood cells, or iron, hence you may feel tired with low energy levels).**
- **Unexplained bleeding or bruising.**
- **Skin peeling, itchy rash and sensitivity to the sun.**

The following side effects may occur:

- Difficulty concentrating, feeling tired, dizziness, headache or blurred vision.
- Loss of appetite, indigestion, feeling sick, diarrhoea, tummy pain or dry mouth.
- Difficulty passing water.
- Low blood pressure (you may feel faint) or changes heart rhythm.
- Chest tightness or thickening of the phlegm.
- Ringing of the ears.
- Twitching, muscular weakness and abnormal co-ordination.
- Confusion, excitability, irritability, low mood or nightmares.
- Children may become excited.

If you get any side effect, even those not mentioned in this leaflet, tell your doctor pharmacist

5. How to store Pollenase 4mg Tablets

Do not store above 25°C and keep the tablets in the original package in order to protect from moisture.

Keep out of the reach and sight of children. Do not take them after the expiry date shown on the pack.

6. Further information

What does each tablet contain

These are small, uncoated yellow tablets, which contain 4mg of Chlorphenamine Maleate as the active ingredient. They also contain Lactose Monohydrate, Starch, Magnesium Stearate and a colour, Quinoline Yellow (E104).

What is in the pack

Pollenase 4mg Tablets are supplied in containers of 100, 500 and 1000 and blister packs of 28, 30 and 60.*

Who supplies these Pollenase 4mg Tablets

Pollenase 4mg Tablets are manufactured by Surepharm Services Ltd, Unit 2H, Bretby Business Park, Ashby Road East, Burton upon Trent DE15 0YZ, for the Marketing Authorisation holder, East Midlands Pharma Ltd., Keyworth, Nottingham NG12 5HY.

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* not all pack sizes may be marketed