

Package leaflet: Information for the user
Lemsip Cough Max for Chesty Cough and Cold Relief

Capsules

(Paracetamol, Guaifenesin and Phenylephrine Hydrochloride)

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

This medicine is available without prescription. However, you still need to take this medicine 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 contact your doctor if your symptoms worsen or do not improve after 3 days.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What this medicine is what it is used for
2. Before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Further information

1. What this medicine is and what it is used for

Capsules for oral use.

This medicine is a combination of active ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion, lowering of temperature and chesty cough.

Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including headache and can also reduce a fever (antipyretic). Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough. Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing pressure which may cause a headache.

2. Before taking this medicine

Do not take this medicine if:

- You are allergic to paracetamol, guaifenesin, phenylephrine hydrochloride or any of the other ingredients listed in Section 6.
- You have a serious heart condition, or an overactive thyroid
- You have a high blood pressure (hypertension)
- You are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), usually used to treat depression.
- You have an enlarged prostate

Take special care with this medicine if:

- You suffer from liver or kidney problems, heart disease.
- You suffer from Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus

- You have a non-cirrhotic liver disease (liver disease that is not associated with changes in the structure of the liver) liver disease
- You are a woman with history of pre-eclampsia (a condition of high blood pressure and swelling in pregnancy)
- You have glaucoma.

If any of the above apply to you, talk to your doctor or pharmacist before taking this medicine.

Taking other medicines

- Do not take with any other paracetamol-containing products.

If you are taking any of the following medicines, talk to your doctor or pharmacist before taking Lemsip Cough max for Chesty Cough and Cold Relief Capsules:

- Beta-blockers for high blood pressure, or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud’s syndrome)
- Tricyclic anti-depressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy)
- Cholestyramine (to treat high blood cholesterol), metoclopramide and domperidone (to treat nausea and vomiting).
- Flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (high anion gap metabolic acidosis) that must have urgent treatment and which may occur particularly in case of severe renal impairment, sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), malnutrition, chronic alcoholism, and if the maximum daily doses of paracetamol are used.

Taking this medicine with food and drink

- Do not take with large quantities of alcohol.

Pregnancy or breast-feeding

- If you are pregnant or breast-feeding, ask your doctor or pharmacist for advice before taking this medicine.

3. How to take this medicine

The capsule should be swallowed whole with water. Do not chew.
It is important to drink plenty of liquid when suffering from colds and flu.

| Age | Dose and how often to take |
|--|--|
| Adults and children 16 years and over | Take two capsules every 4-6 hours. Do not exceed eight capsules in a total of 24 |
| Children 12 to 15 years | Take one capsule every 4-6 hours. Do not exceed four capsules in a total of 24 |
| Do not give to children under 12 years of age. | |

If symptoms persist for more than three days, or worsen, consult your doctor.

If you take more of this medicine than you should

Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage.

If you forget to take this medicine

This product should only be used when necessary. Do not take a double dosage to make up for a forgotten dose.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines this product can cause side effects, although not everybody gets them.

- Allergic reactions (which may include skin rashes, swelling of face, lips, tongue or difficulty in breathing). **Stop taking the medicine at once and seek medical attention should any of the symptom occur.**

- Changes in the number of blood cells, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily) or agranulocytosis (reduction in white blood cells which make infection more likely).
 - High blood pressure with headache.
 - Nausea and vomiting.
 - Stomach discomfort
 - Irregular or fast heartbeats.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard

By reporting side effects, you can help provide more information on the safety of this Medicine.

5. How to store this medicine

Do not store above 25°C.

Keep out of the reach and sight of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after EXP.

The expiry date refers to the last day of that month.

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 protect environment.

6. Further Information What this medicine contains:

- The active ingredients per capsule are: paracetamol 500mg, guaifenesin 100mg and phenylephrine hydrochloride 6.1mg.
- The other ingredients are: maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc, gelatin, titanium dioxide (E171), yellow and red oxide (E172), brilliant blue-FD&C blue I (E133) and shellac (E904).

What the medicine looks like and the content of the pack:

The product is a hard gelatin capsule with a green body and a red cap with Lemsip printed on the cap.

The product is available in cartons of 8 and 16 capsules.

Marketing Authorisation Holder:

Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS. Product licence number: PL 00063/0716.

Alternative format patient information for the visually impaired is available on request from the marketing authorization holder.

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