

Information for the user



Chesty Cough & Congestion Relief Oral Solution (Guaifenesin, Pseudoephedrine Hydrochloride)

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

This medicine is available without prescription to treat minor conditions. However, you still need to take it 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

What this medicine is for

This medicine contains Pseudoephedrine, a decongestant, which acts to relieve a blocked nose. It also contains Guaifenesin, an expectorant, which acts to loosen and relieve phlegm on the chest.

It can be used to relieve the symptoms of a chesty cough, catarrh and a blocked nose without causing drowsiness.

For children, simple treatments should be tried first before you give this medicine. Further information on “**Treating coughs and colds in children**” is provided at the end of this leaflet.

Before you take this medicine

This medicine can be taken by adults and children of 6 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients in this medicine (see “What is in this medicine”)
- **If you are allergic to other decongestants**
- **If you have severe kidney problems**
- **If you have heart or blood vessel disease**, including poor circulation in your hands or feet
- **If you have high blood pressure** (including that due to a tumour near your kidney)
- **If you have diabetes**
- **If you have an overactive thyroid**
- **If you have raised pressure in the eye** (glaucoma)
- **If you are taking any of these medicines:**
 - Monoamine oxidase inhibitors or moclobemide (for depression), or have taken them in the last 14 days
 - Medicines called beta-blockers (normally for heart problems)
 - Other decongestants
 - Other medicines to stop you coughing
- **If you are a man with prostate problems**
- **If you are pregnant or breastfeeding**

! Talk to your doctor:

- If you have a long-term cough or asthma (do not take this medicine if you are wheezing or if

you are having an asthma attack)

! Talk to your pharmacist or doctor:

- If you have other kidney problems (see “Do not take”)
- If you also have a fever, rash or constant headache

Other Important information

- If you develop a feverish generalised erythema associated with pustules, stop taking this medicine and contact your doctor or seek medical attention immediately. See section 'Possible side effects'.
- Reduction of blood flow to your optic nerve may occur with pseudoephedrine-containing products. If you develop sudden loss of vision, stop taking Chesty Cough & Congestion Relief Oral Solution and contact your doctor or seek medical attention immediately. See possible side effects section.
- Sudden abdominal pain or rectal bleeding may occur with this medicine, due to inflammation of the colon (ischaemic colitis). If you develop these gastro-intestinal symptoms, stop taking this medicine and contact your doctor or seek medical attention immediately. See 'Possible side effects' section.
- This medicine may interfere with the results of some urine tests. If you are having any urine tests, tell the doctor or hospital staff that you are taking this medicine.

Information about some of the ingredients in this medicine:

This medicine contains liquid sugar (sucrose). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

The colour carmoisine (E122) in this medicine may cause allergic reactions.

This medicine contains less than 1 mmol sodium (23 mg) per 5 ml, that is to say essentially 'sodium-free'.

If you take other medicines

Before you take this medicine make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Medicines to treat high blood pressure
- Medicines for heart problems (e.g. digoxin)
- Medicines which may cause a dry mouth (e.g. tricyclic antidepressants), medicines to reduce your appetite or stimulant medicines
- Ergot alkaloids (for migraine)
- Oxytocin (to induce labour and stop excessive bleeding after the birth)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the seal is not broken before first use. If it is, do not take the medicine.

Age	How much to take	How often to take
Adults and children of over 12 years	Two 5 ml spoonfuls	4 times a day
Children of 6 to 12 years	One 5 ml spoonful	3 times a day

This medicine should be swallowed.

Do not give to children under 6 years.

Do not take more than the amount recommended above.

Do not give this medicine to a child for more than 5 days, unless their doctor tells you to.

If you are treating a child and their symptoms worsen at any time, talk to a pharmacist or doctor.

If a cough lasts for more than 5 days, or comes back, stop taking this medicine and talk to a pharmacist or doctor.

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

! **If you take too much:** Talk to a doctor straight away.

Possible side effects

Most people will not have problems, but some may get some.

! **If you get any of these serious side effects, stop taking the medicine. See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)
- Sudden onset of fever, reddening of the skin, or many small pustules (possible symptoms of Acute Generalized Exanthematous Pustulosis – AGEP) may occur within the first 2 days of treatment with this medicine. See section 'Before you take this medicine'.

Frequency not known:

Inflammation of the colon due to insufficient blood supply (Ischaemic colitis)

Reduced blood flow to the optic nerve (Ischaemic optic neuropathy)

! **If you get any of these side effects, stop taking the medicine:**

- Hallucinations
- Restlessness
- Sleep disturbances

If you get any of the following side effects see your pharmacist or doctor.

- Other allergic reactions such as skin rash
- Feeling sick, being sick, stomach discomfort
- Anxiety, feelings of paranoia, irritability, feeling excited or confused, difficulty sleeping
- Tremors, headache, dizziness
- Fast, slow or irregular heart beat, palpitations
- High blood pressure
- Difficulty in passing urine

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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more

information on the safety of this medicine.

How to store this medicine

Do not store above 30°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the bottle label or on the end flap of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each 5 ml of oral solution contains Guaifenesin 100 mg, Pseudoephedrine Hydrochloride 30 mg, which are the active ingredients.

As well as the active ingredients, the solution also contains purified water, liquid sugar (sucrose), glycerol (E422), citric acid, sodium citrate, hyetellose, potassium sorbate (E202), acesulfame potassium, carmoisine (E122), patent V (E131), flavours (strawberry, blackcurrant, menthol, cream).

The pack contains 120 ml of purple, strawberry flavored syrup.

Who makes this medicine

Manufactured by BCM Ltd Nottingham NG2 3AA for the Marketing Authorisation Holder The Boots Company PLC Nottingham NG2 3AA

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If you would like any further information about this medicine please contact The Boots Company PLC Nottingham NG2 3AA

Treating coughs and colds in children

It's normal for children to get 8 or more colds in a year, however gradually they build up immunity and get fewer colds. Most colds will get better within a few days and you may not need to do more than keep your child comfortable until they get over it. Antibiotics will not help to treat a cold as they are caused by viruses and not bacteria.

Follow these simple steps, which may help your child overcome their cough or cold:

1. If your child is hot or has a fever: Increase the amount of fluid your child normally drinks. Lower their temperature with a Paracetamol or Ibuprofen medicine, which is suitable for children. (Paracetamol is not suitable for children under 2 months. Ibuprofen is not suitable for children under 3 months).

Your pharmacist will be able to help you find a suitable product if in doubt.

2. For coughs: Although it may be distressing to hear your child cough, the coughing itself serves an important purpose. It helps to clear phlegm on the chest or mucus from the nose. Give your child plenty of lukewarm clear fluids to drink, which may help loosen the phlegm and relax the airways.

3. To help with breathing: Plain saline nose drops, available from your pharmacy, can help babies with blocked noses who are having trouble feeding.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Chesty Cough & Congestion Relief Oral Solution

Reference number: 00014/0555

This is a service provided by the Royal National Institute of Blind People.

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