



## Tension Headache Relief

This leaflet provides a summary of the information you should know before using this medicine. Please read it carefully. If you want to know more about your condition or this medicine, your pharmacist can help.

The name of your medicine is Boots Tension Headache Relief.

### What is in this medicine

This pack contains 24 tablets. Each tablet contains Caffeine 30 mg, Codeine Phosphate 10 mg, Doxylamine succinate 5 mg, Paracetamol 450 mg which are the active ingredients.

As well as the active ingredients, these tablets also contain: Corn starch, povidone, talc, magnesium stearate and purified water.

The tablets can be identified as white, flat, round tablets with a break line on one side and BTH on the other.

### Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by SSL International Plc Whitehouse Business Park Traynor Way Peterlee Durham SR8 2RU or Simco Ltd Charwell House Vale Guernsey Channel Islands GY3 5XA. The Product Licence is held by Seton Products Ltd Tubiton House Oldham OL1 3HS.

### What this medicine is for

This medicine contains two analgesics (codeine phosphate and paracetamol) which relieve pain, a muscle relaxant (doxylamine succinate) to relieve tension and a mild stimulant (caffeine). Paracetamol can also reduce fever.

This medicine can be used for the relief of tension headaches. It may also be used for the relief of migraine, neuralgia, toothache, sore throat, period pains, muscular and rheumatic aches and pains, pain following surgical and dental operations, and to reduce fever.

### Before you take this medicine

These tablets can be taken by children from the age of 12 years and adults. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

#### **Do not take if:**

- You are allergic to any of the ingredients (you may have noticed a rash, itching or shortness of breath after taking a product containing these ingredients)
- You are taking other paracetamol-containing medicine
- You are pregnant or breastfeeding, unless advised by your doctor

#### **Talk to your pharmacist or doctor if:**

- You have liver or kidney problems, including alcoholic liver disease

### Other important information

This medicine may cause drowsiness, if affected do not drive or operate machinery. Avoid alcoholic drink.

## Tension Headache Relief and other medicines

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

- Metoclopramide or domperidone (for nausea and vomiting)
- Cholestyramine (for reducing blood lipid levels)
- Warfarin or other "coumarins" (blood thinners)

If you are unsure about interactions with any other medicines, talk to your pharmacist.

## How to take this medicine

Check that the foil is not broken before use. Discard the tablet if it is.

AGE	DOSAGE
Adults and children over 12 years	Take one or two tablets

These doses should be swallowed with water every 4 to 6 hours, if needed.

Do not repeat the dose more frequently than every 4 hours.

Do not take for prolonged periods without medical advice.

Do not take this medicine with any other paracetamol-containing medicines.

Do not give to children under 12 years.

Do not exceed the stated dose.

Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage.

If symptoms persist consult your doctor.

## After you take this medicine

Most people can take this medicine without any problems but sometimes you may notice some side effects which may include:

- Drowsiness or dizziness
- Constipation
- Rarely, allergic reactions such as skin rash
- Rarely, blood disorders which may cause bruising of the skin or an increase in the number of infections (eg sore throats) which you get

If concerned, or if anything else unusual happens, talk to a pharmacist or doctor.

## How to store this medicine

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

Do not use this medicine after the "use by" date on the carton and keep it in the original pack.

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