

Information for the user

Boots Decongestant Tablets with Paracetamol (Paracetamol, 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 Paracetamol, an analgesic, which acts to relieve pain and reduce fever. It also contains Pseudoephedrine, a decongestant, which acts to relieve a blocked nose.

It can be used to relieve the symptoms of colds and flu, including aches and pains, headache, blocked nose and sinuses and to reduce fever.

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.

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 liver or 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 glaucoma** or you have been told you have high pressure in the eye
- **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

- **If you are pregnant**

Talk to your pharmacist or doctor:

- If you have other kidney or liver problems (including a disease caused by drinking alcohol)
- If you are dependent on alcohol
- If you are a man with prostate problems
- If you are breastfeeding

Other important information

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine.

If you take other medicines

This medicine contains paracetamol.

Do not take with any other paracetamol-containing products.

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:

- 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)
- Medicines for epilepsy
- Contraceptive tablets
- Non-steroidal anti-inflammatory drugs (for pain and swelling)
- Warfarin or other blood thinners – if you take warfarin you can take occasional amounts of this medicine, but talk to your doctor first before you take it on a regular basis

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 foil is not broken before use. If it is, do not take that tablet.

Age	How many	How often
Adults and children of 12 years and over	One	3 or 4 times in 24 hours, if you need to. Don't take more than 4 tablets in any 24 hours.
Children of 6 to 11 years	Half	4 times in 24 hours, if you need to. Don't take more than 4 half tablets in any 24 hours.
Don't take more often than every four hours.		

Swallow the tablet with water.

Do not give to children under 6 years.

Do not take more than the amount recommended above.

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

Do not take this medicine for more than 5 days, unless your doctor tells you to.

If symptoms do not go away talk to your doctor.

If you take too many tablets: 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. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

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 tablets. See a doctor at once:

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)

If you get any of these side effects, stop taking the tablets:

- Hallucinations
- Restlessness
- Sleep disturbances

These other effects are less serious. If they bother you talk to a pharmacist:

- Other allergic reactions including skin rash
- Feeling sick, being sick
- Anxiety, feelings of paranoia, irritability, feeling excited, tremors, headache, difficulty sleeping
- Fast, slow or irregular heart beat, palpitations
- High blood pressure

- Difficulty in passing urine
- Unusual bruising or infections such as sore throats – this may be a sign of very rare changes in the blood

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

How to store this medicine

Do not store above 30°C.

Store in the original package.

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 foil 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 tablet contains Paracetamol 500 mg, Pseudoephedrine Hydrochloride 60 mg, which are the active ingredients.

As well as the active ingredients, the tablets also contain microcrystalline cellulose, pregelatinised maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, quinoline yellow (E104).

The pack contains 12 yellow capsule shaped tablets.

Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA by Hamol Limited Nottingham NG90 2DB

Leaflet prepared May 2009

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 Decongestant Tablets with Paracetamol

Reference number: PL00014/0594

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

BTC46089 vB 29/06/09