



HALÉON

## POWDERS Aspirin, Caffeine

Please read right through this leaflet before you start using this medicine.

- Keep this leaflet, you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

### In this leaflet:

1. What Beechams Powders do
2. Check before you take Beechams Powders
3. How to take Beechams Powders
4. Possible side effects
5. How to store Beechams Powders
6. Further information

### 1. What Beechams Powders do

Beechams Powders provide relief from cold and flu symptoms, including sore throat pain, headache, feverishness and aches and pains.

It also provides relief of mild to moderate pain including migraine, neuralgia, toothache, sore throat, period pain and rheumatic pain.

### 2. Check before you take Beechams Powders

#### Do not take:

- if you are allergic to **aspirin** or salicylates, **caffeine**, any other medicines known as **NSAIDs** or to any other ingredient (listed in Section 6).
- if you have had an allergic reaction after taking ibuprofen or aspirin.
- if you are allergic to **peanut** or **soya**. Beechams Powders contain soya protein.
- if you have had **asthma** or **shortness of breath** in response to **aspirin** before.
- if you suffer from high blood pressure or heart disease.

- if you have ever had a **stomach ulcer**, **perforation** or **bleeding of the stomach**.
  - if you have **blood clotting disorders** (e.g. haemophilia) or have ever had **gout**.
  - if you have **liver** or **kidney disease**.
- Do not give to children under 16 years of age unless your doctor tells you to.

#### Take special care with Beechams Powders

- There is a possible association between aspirin and Reye's syndrome when given to children under 16 years. Reye's syndrome is a very rare disease which affects the brain and liver and can be fatal.
- Aspirin may cause bleeding. You must tell your doctor if you experience any unusual bleeding.
- Drinking alcohol at the same time as taking aspirin increases the risk of bleeding.
- Avoid excessive intake of caffeine (e.g. coffee, tea and some canned drinks) while taking this product.
- If you think you are dehydrated (you may feel thirsty with a dry mouth).
- This medicine contains less than 1 mmol sodium (23 mg) per sachet, that is to say essentially 'sodium-free'.

#### Ask your doctor before you take this medicine:

- if you suffer from **high blood pressure**, **asthma**, **allergic disease**, **kidney** or **liver problems**.
- if you are taking any prescribed medicines; particularly **methotrexate**; blood thinning drugs (**anticoagulants**) or blood pressure lowering treatments (**ACE inhibitors**); **oral hypoglycaemics** (to lower blood glucose) or medicines for treating **gout** such as **probenecid** or **sulfinpyrazone**; **ibuprofen** or other painkillers known as **NSAIDs** (e.g. **diclofenac**); **SSRI antidepressants** (such as **fluoxetine**); treatments for **epilepsy** (such as **phenytoin** or **valproate**); **beta-blockers** (e.g. **atenolol**); **acetazolamide**; if you are taking any water tablets (**diuretics**) or steroid

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hormones (**corticosteroids**); **antacids**; or have an intolerance to some sugars.

This medicine contains lactose (a sugar). Ask your doctor before taking this product if you have an **intolerance to some sugars**.

## **If you are pregnant or breast feeding**

**Do not take** Beechams Powders if you are **pregnant** or **breast feeding**, except on medical advice.

## **3. How to take Beechams Powders**

Mix the powder with a little water and stir before drinking.

### **Adults and children aged 16 years and over:**

One powder every 3 to 4 hours as needed.

### **Do not take more than 6 powders in 24 hours.**

Do not use for more than 10 days for pain relief (or more than 3 days for fever).

If symptoms persist **see your doctor**.

**If you take more than the recommended dose seek medical advice immediately.**

## **4. Possible side effects**

Like all medicines, Beechams Powders can cause side effects, although not everybody gets them.

**If you experience any of these effects then STOP taking this medicine immediately and contact your doctor or pharmacist:**

- **Stomach ulceration or perforation:** Symptoms could include severe abdominal pain, nausea and vomiting. People with sensitive stomachs may suffer stomach irritation and may experience bleeding (you may pass blood in your stools, or vomit blood or dark particles that look like coffee grounds).
- **Severe allergic reactions:** Symptoms could include difficulty breathing, skin rash or swollen facial features, or tightening of the chest or asthma attacks in those sensitive to aspirin.

- Occasionally the blood does not clot well, which may result in bruising or bleeding, or yellowing of the skin and eyes may occur. Other side effects may include lethargy, weakness, shortness of breath, and generalised swelling or water retention, ringing in your ears or temporary hearing loss.
- High caffeine intake can result in nervousness and dizziness.

**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](http://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.

## **5. How to store Beechams Powders**

**Keep out of the sight and reach of children.**

Do not use this medicine after the 'EXP' date shown on the pack. Store below 25°C in a dry place.

## **6. Further information**

**Active ingredients** Each powder contains: Aspirin 600 mg and Caffeine 50 mg.

**Other ingredients** Lactose monohydrate, maize starch, colloidal anhydrous silica, sodium lauryl sulphate, saccharin sodium, sodium cyclamate and spice flavour.

Packs of Beechams Powders contain either 10 or 20 powders.

**The marketing authorisation holder is:** Haleon UK Trading Limited, The Heights, Weybridge, KT13 0NY, U.K. and all enquiries should be sent to this address.

**The manufacturer is:** Haleon Alcala, S.A., Ctra. de Ajalvir, km. 2,500 - 28806 Alcalá de Henares, Madrid - Spain.

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