



Dry Cough Syrup 6 Years Plus (Pholcodine)

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 give 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
- The leaflet is written in terms of giving this medicine to your child, but if you are an adult who is intending to take this medicine yourself the information in this leaflet will apply to you as well

What this medicine is for

This medicine contains Pholcodine which belongs to a group of medicines called cough suppressants, which act to reduce coughing.

It can be used to relieve dry and tickly coughs. Dry coughs do not produce phlegm or mucus on the chest. 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 give this medicine

This medicine can be given to children from the age of 6 years. However, some children should not be given this medicine or you should seek the advice of their pharmacist or doctor first.

X Do not give:

- **If your child is under 6 years**
- **If your child is allergic** to any of the ingredients in this medicine (see “What is in this medicine”)
- **If your child has liver or kidney failure**
- **If your child has difficulty breathing**
- **If your child has long-term lung problems or an infection** which produces lots of phlegm on the chest
- **If you are giving your child monoamine oxidase inhibitors** (for depression), or have given them in the last 14 days
- **If you are giving your child any other cough and cold medicines**
- **If your child has an intolerance to some sugars**, unless their doctor tells you to (this medicine contains maltitol liquid)
- **If your child has ever developed a severe skin rash or skin that peels, blisters and / or sores in the mouth after taking any pholcodine-containing products.**

! Talk to your doctor:

- If your child has a long-term cough or asthma (do not give this medicine to your child if they are wheezing or if they are having an asthma attack)
- If your child has a cough which produces lots of phlegm
- Before use if the person who will be taking this medicine has a history of drug abuse, Pholcodine is an opioid and addiction is observed with opioids as a class.

! Talk to your pharmacist or doctor:

- If your child has other liver or kidney problems (see “Do not give”)

Other important information

If your child develops a severe rash or any of the skin symptoms below, stop giving this medicine and contact or see a doctor immediately. Serious skin reactions, including acute generalized exanthematous pustulosis (AGEP), have been reported with the use of pholcodine. AGEP is a generalized, red, scaly rash with bumps under the skin and vesicles associated with fever. Most common location: mainly located on the folds of the skin, the trunk and the upper limbs. The highest risk of serious skin reactions occurrence is especially during the first week of treatment.

If your child goes into hospital for an operation, tell the doctor that you are giving this medicine.

Information for people with diabetes: This medicine contains 1.6 g of maltitol per 5 ml spoonful. This provides 4 kcal per 5 ml spoonful.

Information for adults intending to take this medicine

All of the information in this leaflet will apply to you as well.

Driving and using machines: This medicine can affect your ability to drive or use machines as it may make you feel sleepy or dizzy.

- Do not drive or use machines while taking this medicine until you are sure you are not affected
- It is an offence to drive if this medicine affects your ability to drive
- However, you would not be committing an offence if:
 - The medicine has been prescribed to treat a medical or dental problem and
 - You have taken it according to the instructions given by the prescriber or in the information provided with the medicine and
 - It was not affecting your ability to drive safely

Talk to your doctor or pharmacist if you are not sure whether it is safe for you to drive while taking this medicine.

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine. Alcohol increases the risk of side effects occurring and may make you feel more drowsy.

Pregnancy and breastfeeding: Do not take this medicine, unless your doctor tells you to.

Dry Cough Syrup 6 Years Plus contains maltitol liquid. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Dry Cough Syrup 6 Years Plus contains 10mg of sodium benzoate in each 5ml spoonful.

Dry Cough Syrup 6 Years Plus contains less than 1 mmol sodium (23mg) per 5ml spoonful, that is to say essentially 'sodium free'.

If your child takes other medicines

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

- Water tablets (diuretics) and medicines to treat high blood pressure
- Medicines that may make your child sleepy or feel drowsy such as strong painkillers or medicines for epilepsy
- Medicines for depression or other mental health conditions

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 child, including herbal and homeopathic remedies.

✓ How to give this medicine

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

Use the measuring spoon provided (the small end measures 2.5 ml and the big end measures 5 ml).

Age	How much to give	How often to give
Children of 6 to 12 years	Two 5 ml spoonfuls	3 times a day. Don't give more than six 5 ml spoonfuls in 24 hours.

Give this medicine to your child to swallow.

Do not give to children under 6 years.

Do not give more than the amount recommended above.

Do not give this medicine for more than 5 days, unless your child's doctor tells you to.

If your child's symptoms worsen at any time, talk to a pharmacist or doctor.

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

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

Possible side effects

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

! **If your child gets any of these serious side effects, stop giving the medicine. See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)
- Generalized rash, red and scaly with bumps under the skin and vesicles associated with fever at the beginning of treatment (generalized exanthematous pustulosis). If you develop these symptoms stop using Boots Dry Cough Syrup 6 Years Plus and contact or see a doctor immediately. The frequency cannot be estimated from the available data.

If your child gets any of the following side effects see your pharmacist or doctor.

- Other allergic reactions such as skin rash
- Feeling sick, being sick, constipation
- Feeling drowsy, dizzy, excited or confused
- Phlegm on the chest

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 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 syrup contains Pholcodine 2 mg, which is the active ingredient.

As well as the active ingredient, the syrup also contains purified water, maltitol liquid (E965), glycerol (E422), citric acid, sodium citrate, hyetellose, sodium benzoate (E211), acesulfame potassium, flavours (blackcurrant, vanilla).

The pack contains 100 ml of colourless blackcurrant flavoured syrup.

Who makes this medicine

Manufactured by 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 Dry Cough Syrup 6 Years Plus

Reference number: 00014/0523

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

Component code

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