What is in this leaflet

This leaflet answers some common questions about COLDREX PE PHENYLEPHRINE COLD & FLU PLUS. It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking COLDREX PE PHENYLEPHRINE COLD & FLU PLUS against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your pharmacist or doctor.

Keep this leaflet with the medicine.
You may need to read it again.

What COLDREX PE PHENYLEPHRINE COLD & FLU PLUS is used for

COLDREX PE PHENYLEPHRINE COLD & FLU PLUS is used for the effective temporary relief of pain and discomfort associated with cold & flu symptoms such as headache, sore throat, painful sinuses, blocked or runny nose, shivers, aches & pains. It also reduces fever.

COLDREX PE PHENYLEPHRINE COLD & FLU PLUS caplets contain the active ingredients paracetamol, caffeine and phenylephrine hydrochloride.

Paracetamol is used for the effective temporary relief of pain and discomfort associated with cold & flu symptoms. Paracetamol works to stop the pain messages from getting through to the brain. It also acts in the brain to reduce fever.

Caffeine works with paracetamol to give greater pain relief than what is achieved with paracetamol alone.

Phenylephrine HCl works to reduce nasal stuffiness. It works by reducing congestion in the upper respiratory tract, including the nose, nasal passages and sinuses, and making it easier to breathe.

Ask your pharmacist or doctor if you have any questions about this medicine.
Your pharmacist or doctor may have given it for another reason.
This medicine is not addictive.
It is only available from your pharmacist.

Before you take/give COLDREX PE PHENYLEPHRINE COLD & FLU PLUS

Taking too much paracetamol can cause serious harm to your liver.

When you must not take it

Do not take COLDREX PE PHENYLEPHRINE COLD & FLU PLUS if you have an allergy to:
* any of the ingredients listed at the end of this leaflet.
Some of the symptoms of an allergic reaction may include:
* Shortness of breath
* Wheezing or difficulty breathing
* Swelling of the face, lips, tongue, throat or other parts of the body
* Rash, peeling, itching or hives on the skin or mouth ulcers

Always read and follow the label.
Do not use this medicine:
• If you are taking any other prescription or non-prescription medicines containing paracetamol to treat pain, fever, symptoms of cold and flu, or to aid sleep
• With any medicine containing paracetamol or with medicines for the relief of colds & flu, congestion or blocked nose
• Within several hours of going to bed as it may cause sleeplessness
• If you have high blood pressure, heart problems or are taking antidepressant medicines unless your doctor has told you to
• If you are taking or have taken within the last 14 days, medicines used to treat depression called monoamine oxidase inhibitors (MAOI)
• In children under the age of 12
Do not take this medicine if you are pregnant or plan to become pregnant.

It may affect your developing baby if you take it during pregnancy. Your pharmacist or doctor will discuss the benefits and possible risks of taking the medicine during pregnancy.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your pharmacist or doctor. Before you start to take it

Tell your pharmacist or doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your pharmacist or doctor if you have or have had any of the following medical conditions:
- liver or kidney disease
- high blood pressure
- Raynaud’s phenomenon
- overactive thyroid gland
- diabetes
- heart disease and poor blood flow in the blood vessels of the heart
- glaucoma (high pressure in the eyes)
- pheochromocytoma (a tumour near the kidney)
- prostate problems
- epilepsy
- bronchitis, asthma or other respiratory problems
- are underweight or malnourished
- regularly drink alcohol

You may need to avoid using this product altogether or limit the amount of paracetamol that you take
- a severe infection as this may increase the risk of metabolic acidosis

Sign of metabolic acidosis include:
- deep, rapid, difficult breathing
- feeling sick (nausea), being sick (vomiting)
- loss of appetite

Contact a doctor immediately if you get a combination of these symptoms

Ask your pharmacist or doctor about taking COLDREX PE PHENYLEPHRINE COLD & FLU PLUS if you are pregnant or plan to become pregnant, or breastfeeding.

Your pharmacist or doctor will discuss the potential benefits and risks of taking the medicine if you are breastfeeding.

If you have not told your pharmacist or doctor about any of the above, tell him/her before you start taking COLDREX PE PHENYLEPHRINE COLD & FLU PLUS.

If you have more information on these and other medicines to be careful with or avoid while taking this medicine.

How to take COLDREX PE PHENYLEPHRINE COLD & FLU PLUS

Follow all directions given to you by your pharmacist or doctor carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your pharmacist or doctor for help.

Do not exceed the stated dose or frequency of dosing.

Always use the lowest effective dose to relieve your symptoms

How much to take

Adults and children 12 years and over, take 2 caplets.

Do not take more than 8 caplets within 24 hours.

Do not exceed the recommended dose.

You should limit having caffeine containing drinks while taking this medicine.

How to take

Take 2 caplets of COLDREX PE PHENYLEPHRINE COLD & FLU PLUS by mouth with fluid.

When to take it

Every 6 hours as necessary

How long to take it

Adults:

Only take for a few days at a time unless your doctor tells you to take it for longer.
Children 12 to 17 years:

Only give to children for up to 48 hours unless a doctor has told you to give it longer.

If you forget to take it

If it is less than 1 hour before your next dose, skip the dose you missed and take your next dose when you are meant to.
Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your pharmacist or doctor.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

If you take too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre (telephone 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much of this medicine. Seek medical advice immediately even if there are no signs of discomfort or poisoning because of the risk of liver failure.

You may need urgent medical attention.

While you are using COLDREX PE PHENYLEPHRINE COLD & FLU PLUS

Things you must do

Talk to your pharmacist or doctor if your symptoms do not improve.

Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine.

Things you must not do

Children 12 to 17 years:

Do not take COLDREX PE PHENYLEPHRINE COLD & FLU PLUS for more than 48 hours unless a doctor has told you to.

Adults:

Do not take for more than a few days at a time unless your doctor tells you to.

Do not take more than the recommended dose unless your doctor tells you to.

Do not take COLDREX PE PHENYLEPHRINE COLD & FLU PLUS to treat any other complaints unless your pharmacist or doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

Things to be careful of

Only drink small quantities of alcohol (beer, wine or spirits) while taking this medicine.

Drinking large quantities of alcohol while taking this medicine may increase the risk of liver side effects.

Be careful driving or operating machinery until you know how this medicine affects you.

This medicine may cause dizziness in some people. If this happens, do not drive, use or operate machinery.

Tell your pharmacist or doctor immediately or go to Accident and Emergency at your nearest hospital:

- allergic reactions such as skin rash or itching, sometimes with breathing problems or swelling of the lips, tongue, throat or face
- skin rash or peeling or mouth ulcers
- previous experience of breathing problems with aspirin or non-steroidal anti-inflammatories and experience a similar reaction with this medicine
- Unexplained bruising or bleeding
- Loss of vision which may be due to abnormally high blood pressure in the eye. This is very rare but is more likely to occur in those with glaucoma.
- Unusually fast pulse or a sensation of an unusually fast or irregular heartbeat
- Difficulty in passing water which is more likely to occur in men with enlarged prostate gland

The above list includes the more common side effects of your medicine. They are usually mild.

If any of the following happen, stop using the product, tell your pharmacist or doctor immediately and go to Accident and Emergency:

- loss of speech
- loss of vision
- mental confusion
- fits (seizures)
- difficulty in breathing
- palpitations
- chest pain
- swelling of the jaw
- blood in the urine
- a similar reaction to aspirin or non-steroidal anti-inflammatories
- a severe allergic reaction (anaphylaxis) which may cause breathing problems or swelling of the lips, tongue, throat or face
- dizziness
- skin rash or peeling or mouth ulcers
- loss of vision
- fits (seizures)
- unusual bleeding or bruising
- mental confusion
- difficulty in breathing
- palpitations
- chest pain
- swallowing problems
- blood in the urine
- a similar reaction to aspirin or non-steroidal anti-inflammatories
- a severe allergic reaction (anaphylaxis) which may cause breathing problems or swelling of the lips, tongue, throat or face
- dizziness

Tell your pharmacist or doctor if you notice anything that is making you feel unwell.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking this medicine.

This medicine helps most people with the relief of cold & flu symptoms but there may be unwanted side effects in a few people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your pharmacist or doctor to answer any questions you may have.
After using COLDREX PE PHENYLEPHRINE COLD & FLU PLUS

Storage

Keep your medicine in the original pack until it is time to take.

Keep your medicine in a cool dry place where the temperature stays below 25 degrees C.

Do not store COLDREX PE PHENYLEPHRINE COLD & FLU PLUS or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot see or reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

Ask your pharmacist what to do with any medicine that is left over, or if the expiry date has passed.

Product description

What it looks like

COLDREX PE PHENYLEPHRINE COLD & FLU PLUS is orange, capsule-shaped tablet with flat edges, embossed with B on one side and blank on the other. A pack contains 16 tablets.

Ingredients

COLDREX PE PHENYLEPHRINE COLD & FLU PLUS contains 500 mg of paracetamol, 25 mg of caffeine and 5 mg phenylephrine hydrochloride as the active ingredients.