

Duro-Tuss™ Phenylephrine PE Dry Cough + Nasal Decongestant

Phenylephrine hydrochloride and Pholcodine

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about this medicine. 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 these medicines against the benefits they expect it will have for you.

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

Keep this leaflet.

You may need to read it again.

What Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant is used for

Pholcodine and Phenylephrine hydrochloride are used to relieve dry coughs and to clear a blocked or runny nose.

Pholcodine works on the cough centre in the brain to control and help stop coughing.

Phenylephrine hydrochloride is a decongestant that shrinks blood vessels in the nasal passages.

Ask your pharmacist or doctor if you have any questions about this medicine.

Your pharmacist or doctor may have given it for another reason.

Before you take Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant

When you must not take it

Do not take this medicine if you have an allergy to:

- any medicine containing Pholcodine or Phenylephrine hydrochloride
- 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 or other parts of the body
- rash, itching or hives on the skin.

Do not take this medicine if you have:

- severe asthma, bronchitis or other serious respiratory conditions
- very high or uncontrolled blood pressure
- severe coronary artery disease (heart disease caused by poor blood flow or narrowing of the blood vessels of the heart)
- taken monoamine oxidase inhibitors, medicines used to treat depression, in the last 14 days

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 damaged 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 if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your pharmacist if you have or have had any of the following medical conditions:

- asthma or other breathing problems
- heart disease and poor blood flow in the blood vessels of the heart
- diabetes
- glaucoma (high pressure in the eyes)
- prostate problems
- liver or kidney problems
- high blood pressure
- overactive thyroid gland

Ask your pharmacist or doctor about taking Phenylephrine if you are breastfeeding.

Small amounts of Phenylephrine pass into the breast milk. Your pharmacist or doctor will discuss the benefits and possible risks of taking this 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 this medicine.

Taking other medicines

Tell your pharmacist or doctor if you are taking any other medicines, including any that you get without a prescription or that are herbal from your pharmacy, supermarket or health food shop.

Some medicines and Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant may interfere with each other. These include:

- sedatives, medicines taken to help you relax or sleep
- medicines taken to control anxiety
- alcohol
- medicines used to treat depression
- medicines used to treat heart conditions
- medicines used to treat high blood pressure
- medicines used to treat urinary tract infections and bladder problems
- medicines used to treat behavioural disorders
- appetite suppressant medicines

These medicines may be affected by Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your pharmacist or doctor will have more information on medicines to be careful with or avoid while taking this medicine.

How to take Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant

Follow all directions on the label or those given to you by your pharmacist or doctor carefully.

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

How much to take

Adults & children over 12 years:	10-15 mL
Before use, seek healthcare professional advice	
Children 6-12 years:	5-10 mL
Children under 6 years:	Do not use

When to take it

**Take your medicine every 6 hours, if required.
The maximum dose is 4 times a day.**

If you take too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre for advice, or go the Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant. Do this even if there are no signs of discomfort or poisoning.

**Poisons Information Australia:
Tel. 13 11 26
Poisons Information New Zealand:
0800 POISON (0800 764 766)**

While you are using Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant

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

Do not take Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant 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.

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

Do not use this medicine in children under 6 years of age.

Things to be careful of

Be careful driving or operating machinery until you know how Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant affects you.

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

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, but it may have 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 list of possible side effects. You may not experience any of them.

Ask your pharmacist or doctor to answer any questions you may have.

Tell your pharmacist or doctor if you notice any of the following and they worry you:

- dizziness
- drowsiness
- nausea and vomiting
- stomach pain
- constipation
- tremor
- insomnia
- nervousness
- excitability
- tremor
- rapid heart beat
- hallucinations

- fear or anxiety
- restlessness
- difficulty sleeping

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

Tell your pharmacist or doctor as soon as possible if you notice any of the following:

- lack of coordination and unsteadiness when walking
- unusual mood swings

The above list includes serious side effects that may require medical attention. Serious side effects are rare.

If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- urine retention
- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare for low doses of this medicine and when used for a short period of time.

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

Other side effects not listed above may also occur in some people.

Before and after using Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant

Storage

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

Keep your medicine in a cool dry place where the temperature stays below 30°C.

Do not store these medicines 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 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

Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant is a red coloured solution and has a raspberry cream flavour.

It comes in 100 mL and 200 mL bottles.

Ingredients

Every 15 mL of Duro-Tuss Phenylephrine PE Dry Cough + Nasal Decongestant contains:

- Pholcodine 15 mg
- Phenylephrine hydrochloride 10 mg

as the active ingredients.

It also contains:

- methylhydroxybenzoate
- hydroxyethylcellulose
- propylhydroxybenzoate
- sorbitol
- saccharin sodium
- raspberry flavour
- custard flavour
- amaranth
- citric acid
- glycerol

Supplier

Duro-Tuss PE Dry Cough + Nasal Decongestant is made and supplied in Australia by:

iNova Pharmaceuticals (Australia) Pty Limited
9-15 Chilvers Road
Thornleigh NSW 2120

Distributed in New Zealand by:
Douglas Pharmaceuticals Limited,
Auckland.

www.inovapharma.com

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