

SUDOMYL

Pseudoephedrine hydrochloride 60mg Tablet

Consumer Medicine Information

What is in this leaflet

Please read this leaflet carefully before you start using Sudomyl.

This leaflet answers some common questions about Sudomyl. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using Sudomyl against the benefits they expect it will have for you.

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

Keep this leaflet with the medicine.

You may need to read it again.

What Sudomyl is used for

Sudomyl is for the effective relief of:

- Runny nose,
- Sinus and nasal congestion,
- Sinus pain due to congestion.

Sudomyl reduces the swelling and secretions in the nose and sinuses, allowing you to breathe more easily. It relieves the pressure behind the nose and eyes, which is the cause of sinus pain and headache.

Your doctor may have prescribed Sudomyl for another reason.

Ask your doctor if you have any questions about why Sudomyl has been prescribed for you.

This medicine is only available with a doctor's prescription.

Before you use Sudomyl

When you must not use it

Do not use Sudomyl if you have an allergy to:

- any medicine containing pseudoephedrine
- 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 Sudomyl if you have:

- severely high blood pressure,
- severe coronary 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 use Sudomyl after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

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

If you are not sure whether you should start taking Sudomyl, talk to your doctor.

Before you start to use it

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

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

- high blood pressure
- overactive thyroid gland
- diabetes
- heart disease or poor blood flow in the blood vessels of the heart

- glaucoma (high pressure in the eyes)
- prostate problems
- liver or kidney disease

Ask your doctor about using Sudomyl if you are pregnant or plan to become pregnant.

Your doctor will discuss the benefits and possible risks of using Sudomyl during pregnancy.

Ask your doctor about using Sudomyl if you are breastfeeding.

Small amounts of pseudoephedrine pass into the breast milk. Your doctor will discuss the potential benefits and risks of using Sudomyl if you are breast feeding.

If you have not told your doctor about any of the above, tell them before you start taking Sudomyl.

Taking other medicines

Tell your doctor if you are taking any other medicines, including medicines that you get without a prescription from your pharmacy, supermarket or health food shop. You should also tell any health professional who is prescribing a new medication for you that you are taking Sudomyl.

Some medicines may interfere with Sudomyl. These include:

- medicines used to treat depression,
- other medicines used to treat congestion,
- medicines used for appetite suppression,
- medicines used to treat heart conditions,
- medicines used to treat high blood pressure (hypertension),
- medicines used to treat urinary tract infections and bladder problems.

These medicines may be affected by Sudomyl or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Tell your doctor or pharmacist if you are taking, or before you start taking, medicines to treat coughs and colds.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking Sudomyl.

How to take Sudomyl

Follow all directions given to you by your doctor or pharmacist carefully. They may differ from the information contained in this leaflet.

If you do not understand the directions, ask your doctor or pharmacist for help.

How much to take

Adults & children over 12 years: Take 1 tablet

Children under 12 years: Do not use.

When to take it

Take Sudomyl, as necessary, at intervals of not less than 4 hours.

The maximum dose is 3 times every 24 hours.

How long to take it

Consult your doctor if your symptoms do not improve within 7 days.

While you are using Sudomyl

Things you must do

Talk to your doctor if your symptoms do not improve within 7 days.

Stop taking Sudomyl and contact your doctor if you become pregnant while taking Sudomyl.

If you start taking any new medicines, tell your doctor and pharmacist that you are taking Sudomyl.

Things you must not do

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

Do not take Sudomyl to treat any other complaints unless your doctor tells you to.

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

Do not use this medicine in children under 12 years of age.

Things to be careful of

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

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre (telephone 0800 POISON or 0800 764 766) or go to Accident & Emergency at your nearest hospital, if you think that you or anyone else may have taken too much Sudomyl.

Do this even if there are no signs of discomfort or poisoning.

Symptoms of overdose may include:

- restlessness
- excitement
- nervousness
- rapid heartbeat
- nausea
- vomiting
- abdominal pain
- lack of co-ordination
- hallucinations
- convulsions

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Sudomyl.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

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

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

- high blood pressure
- rapid or irregular heart beat

- restlessness
- difficulty sleeping
- fear or anxiety
- tremor
- hallucinations

The above list includes the more common side effects. They are usually mild and short-lived.

Children and people over 65 years of age may have an increased chance of getting side effects.

If you any of the following happen, tell your doctor immediately or go to Accident & Emergency at your nearest hospital.

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

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

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

After using Sudomyl

Storage

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

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store Sudomyl 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 Sudomyl out of reach of children.

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

Sudomyl is a white biconvex tablet with a diameter of about 8.5mm.

Ingredients

Sudomyl contains 60 mg of Pseudoephedrine hydrochloride as the active ingredient.

It also contains:

- maize starch
- lactose
- magnesium stearate

Sponsor

Sudomyl is made and supplied in New Zealand by:

PSM Healthcare Ltd trading as API
Consumer Brands

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Manukau
Auckland
NEW ZEALAND

Telephone: 09 2797 979

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