

# Difflam<sup>TM</sup> Anti-inflammatory Lozenges with Cough Suppressant

*Benzydamine hydrochloride, Pholcodine and Cetylpyridinium chloride*

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## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some common questions about Difflam Anti-inflammatory Cough Lozenges. It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

**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 Difflam Anti-inflammatory Cough Lozenges are used for

Benzydamine hydrochloride in Difflam anti-inflammatory Cough Lozenges is used to relieve inflammation and pain in the throat.

Pholcodine and Cetylpyridinium chloride are used to relieve dry coughs and an associated sore throat.

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

Cetylpyridinium chloride has antiseptic activities and is used in the treatment of infections of the mouth and throat.

**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 Difflam Anti-inflammatory Cough Lozenges

#### **When you must not take it**

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

- any medicine containing Benzydamine hydrochloride, Pholcodine or Cetylpyridinium chloride
- 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

**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 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

**Ask your pharmacist or doctor about taking this medicine if you are breastfeeding.**

It is not known if Benzydamine hydrochloride, Pholcodine and Cetylpyridinium chloride passes into the breast milk. 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 Difflam Anti-inflammatory Cough Lozenges.**

#### **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 Difflam Anti-inflammatory Cough Lozenges may interfere with each other. These include:

- sedatives, medicines taken to help you relax or sleep
- medicines taken to control anxiety
- alcohol

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

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## How to take Difflam Anti-inflammatory Cough Lozenges

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

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

### How much to take

Adults & children over 12 years:	2 lozenges
Before use, seek healthcare professional advice	
Children 6-12 years:	1 lozenge
Children under 6 years:	Do not use

### When to take it

Take your medicine every 3 hours, or as required.

The maximum adult dose is 12 lozenges per day and the maximum child dose is 8 lozenges per 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 Difflam Anti-inflammatory Cough Lozenges. 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)**

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## While you are using Difflam Anti-inflammatory Cough Lozenges

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### 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 Difflam Anti-inflammatory Cough Lozenges 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 Difflam Anti-inflammatory Cough Lozenges affects you.

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

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## Side effects

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Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking Difflam Anti-inflammatory Cough Lozenges.

This medicine helps most people, yet 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
- headache
- diarrhoea
- burning or stinging sensation

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:

- 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.

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## **Before and after using Diffiam Anti- inflammatory Cough Lozenges**

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### ***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 Diffiam Anti-inflammatory Cough Lozenges 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.**

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## **Product description**

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### ***What it looks like***

Diffiam Anti-inflammatory Cough Lozenges are round Lozenges with blackcurrant flavour.

Diffiam Anti-inflammatory Cough Lozenges are pink/lilac in colour.

It comes in a box containing 24 lozenges.

### ***Ingredients***

Each Diffiam Anti-inflammatory Cough Lozenges contains:

- Benzydamine hydrochloride 1.5 mg
- Pholcodine 5.5 mg
- Cetylpyridinium chloride 1.33 mg

as the active ingredients.

It also contains:

- isomalt
- menthol
- patent blue V
- saccharin sodium
- carmoisine
- blackcurrant flavour

### ***Supplier***

Diffiam Anti-inflammatory lozenges with cough suppressant 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](http://www.inovapharma.com)

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