

Minims[®] Phenylephrine

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Minims Phenylephrine?

Minims Phenylephrine contains the active ingredient phenylephrine hydrochloride. Minims Phenylephrine is used to dilate (enlarge) the pupil of the eye so that your doctor can examine your eye(s). It is usually used at the beginning of an eye examination.

For more information, see Section [1. Why am I using Minims Phenylephrine?](#) in the full CMI.

2. What should I know before I use Minims Phenylephrine?

Do not use if you have ever had an allergic reaction to phenylephrine or any of the ingredients listed at the end of the CMI. Do not use if you have heart disease, high blood pressure, aneurysms, thyrotoxicosis, insulin-dependent diabetes, fast heartbeat, closed angle glaucoma or your eyes have a narrow drainage angle. Do not use if you are taking monoamine oxidase inhibitors, tricyclic anti-depressants and medicines to lower blood pressure. Do not use the 10% strength of Minims Phenylephrine in children or the elderly. **Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use Minims Phenylephrine?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Minims Phenylephrine and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Minims Phenylephrine?

Your doctor will normally instil the drops into your eyes for you. For adults, the usual dose is one drop instilled into the eye(s) and this may be repeated once if necessary, at least one hour after the first drop. For children and the elderly, the usual dose is one drop of the 2.5% solution to the eye(s). If your doctor instructs you to instil the drops, more instructions can be found in Section [4. How do I use Minims Phenylephrine?](#) in the full CMI.

5. What should I know while using Minims Phenylephrine?

| | |
|------------------------------------|--|
| Things you should do | <ul style="list-style-type: none"> If you have any irritation, pain, swelling, excessive tear production or light-sensitivity while using the eye drops, flush the treated eye(s) with lots of water (room temperature) for at least 15 minutes. Stop using the eye drops and contact your doctor. |
| Things you should not do | <ul style="list-style-type: none"> Do not use this medicine to treat any other complaints unless your doctor tells you to. Do not give this medicine to anyone else, even if you think they have the same condition as you. |
| Driving or using machines | <ul style="list-style-type: none"> Be careful before you drive or use any machines or tools until you know how Minims Phenylephrine affects you. It may cause blurred vision for a short time or stinging when it is instilled into the eye. Allow enough time to regain clear vision before driving or using machines. |
| Looking after your medicine | <ul style="list-style-type: none"> Keep the unopened eye drops in a refrigerator (2-8°C) where children cannot reach them. Do not freeze the eye drops or expose them to strong light. |

For more information, see Section [5. What should I know while using Minims Phenylephrine?](#) in the full CMI.

6. Are there any side effects?

All medicines can have side effects. If they do occur, they are usually minor and temporary. Do not be alarmed by this list. You may not experience any of them. Less serious side effects include eye pain or stinging, blurred vision for a short time, sensitivity to light, itchy or red or watery eyes and pale skin around the eyes. Serious side effects include allergic reaction and effects to the body as a whole.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Minims[®] Phenylephrine

Active ingredient: *Phenylephrine hydrochloride*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Minims Phenylephrine. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Minims Phenylephrine.**

Where to find information in this leaflet:

- [1. Why am I using Minims Phenylephrine?](#)
- [2. What should I know before I use Minims Phenylephrine?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Minims Phenylephrine?](#)
- [5. What should I know while using Minims Phenylephrine?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Minims Phenylephrine?

Minims Phenylephrine contains the active ingredient **phenylephrine hydrochloride**. Minims Phenylephrine belongs to a class of medicines called sympathomimetic agents.

Minims Phenylephrine is used to dilate (enlarge) the **pupil of the eye so that your doctor can examine your eye(s)**. It is usually used at the beginning of an eye examination.

2. What should I know before I use Minims Phenylephrine?

Warnings

Do not use Minims Phenylephrine if:

- You are allergic to phenylephrine, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- You have heart disease, high blood pressure, aneurysms (abnormal swelling of a blood vessel), thyrotoxicosis (too much thyroid hormone), insulin-dependent diabetes and fast heartbeat.
- You are taking monoamine oxidase inhibitors (medicines to treat depression and Parkinson's disease), tricyclic anti-depressants (medicines to treat depression) and medicines to lower blood pressure.
- You have closed angle glaucoma or your eyes have a narrow drainage angle.

Do not use the 10% strength of Minims Phenylephrine in children or the elderly. Children and the elderly may be more susceptible to the effects of phenylephrine.

Check with your doctor if:

- You have had an allergy to any other medicines, foods, preservatives or dyes.
- You have any other medical conditions, especially:
 - Asthma
 - Diabetes
 - Arteriosclerosis (thickening or hardening of the arteries).
- You take any medicines for any other condition.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

This medicine has been developed for use in the eye only. It should not be injected.

Pregnancy and breastfeeding

Check with your doctor if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

3. What if I am taking other medicines?

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

Some medicines and Minims Phenylephrine may interfere with each other. These medicines may be affected by Minims Phenylephrine or may affect how well it works. These include:

- Medicines to lower blood pressure
- Medicines to treat depression
- Medicines to treat Parkinson's disease
- Medicines to treat heart disease
- Halothane (a medicine that makes you sleep and not feel pain during surgery)

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Minims Phenylephrine.

4. How do I use Minims Phenylephrine?

Your doctor will normally instil the drops into your eyes for you. If your doctor instructs you to instil the drops, please follow the directions below.

How much to use

- Use Minims Phenylephrine only when prescribed by your doctor. Your doctor will tell you how often to use the eye drops and how many drops to use each time.

- Adults: The usual dose is one drop instilled into the eye(s). This may be repeated once if necessary, at least one hour after the first drop.
- Children and Elderly: The usual dose is one drop of the 2.5% solution to the eye(s).
- Sometimes a drop of local anaesthetic may be used before using Minims Phenylephrine Eye Drops. This is to help prevent the stinging effect of phenylephrine eye drops.

How to use Minims Phenylephrine

If you are wearing contact lenses, remove them before putting the drops in your eye.

You may find it easier to put drops in your eye while you are sitting or lying down.

If you are instilling your own drops, then follow these steps to use the eye drops:

1. Wash your hands well with soap and water.
2. Shake the container.
3. Break the seal.
4. Hold the container upside down in one hand between your thumb and forefinger.
5. Using your other hand, gently pull down your lower eyelid to form a pouch or pocket.
6. Tilt your head back and look up.
7. Put the tip of the container close to your lower eyelid. Do not let it touch your eye.
8. Release the required number of drops into the pouch or pocket formed between your eye and eyelid by gently squeezing the container.
9. Close your eye. Do not blink or rub your eye.
10. While your eye is closed, place your index finger against the inside corner of your eye and press against your nose for about two minutes. This is very important when administering to children. This will help to stop the medicine from draining through the tear duct to the nose and throat, from where it can be absorbed into other parts of your body.
11. Repeat steps 4-10 for the other eye if needed.
12. Throw away any eye drops left in the container.
13. Wait at least 15 minutes before replacing your contact lenses.

If you use too much Minims Phenylephrine

Accidental swallowing of the solution is unlikely to cause any bad side effects due to the low content of Phenylephrine.

If you think that you or anyone else may have swallowed Minims Phenylephrine or used too much Minims Phenylephrine, you should immediately:

- phone the Poisons Information Centre (in New Zealand phone 0800 764 766), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Minims Phenylephrine?

Things you should do

- **If you experience any irritation, pain, swelling, excessive tear production or light-sensitivity while using the eye drops, flush the treated eye(s) with lots of water (room temperature) for at least 15 minutes. Stop using the eye drops and contact your doctor if these symptoms persist.**

Things you should not do

- Do not use this medicine to treat any other complaints unless your doctor tells you to.
- Do not give this medicine to anyone else, even if you think they have the same condition as you.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Minims Phenylephrine affects you.

Minims Phenylephrine may cause blurred vision for a short time or stinging when it is instilled into the eye. Allow enough time to regain clear vision before driving or using machines.

Looking after your medicine

Keep the unopened eye drops in a refrigerator (2-8°C) where children cannot reach them. Do not freeze the eye drops or expose them to strong light.

When to discard your medicine

Discard each single dose unit and any remaining solution in it immediately after use. Do not save unused contents.

Getting rid of any unwanted medicine

If your doctor tells you to stop using the eye drops or it is out of date or damaged, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date or if the packaging is torn or shows signs of tampering.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

| Less serious side effects | What to do |
|--|--|
| Eyes: <ul style="list-style-type: none">• eye pain or stinging• blurred vision for a short time• sensitivity to light•• itchy, red or watery eyes• pale skin around the eyes | Speak to your doctor if you have any of these less serious side effects and they worry you. |

Serious side effects

| Serious side effects | What to do |
|--|---|
| Symptoms of an allergic reaction, such as: <ul style="list-style-type: none">• shortness of breath• wheezing or breathing difficulty• swelling of the face, lips, tongue or other parts of the body• rash, itching or hives on the skin. Effects to the body as a whole, such as: <ul style="list-style-type: none">• heart rate changes• increase in blood pressure• stroke• fluid build up in the lungs• serious heart and blood vessel problems including spasms in the heart's arteries, irregular heartbeats and heart attacks | Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects. |

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects online (in New Zealand, go to <https://nzphvc.otago.ac.nz/reporting>). By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

Minims Phenylephrine 2.5% eye drops are available from a pharmacy. Minims Phenylephrine 10% eye drops are only available with a doctor's prescription.

What Minims Phenylephrine contains

| | |
|--|---|
| Active ingredient (main ingredient) | Phenylephrine hydrochloride (2.5% w/v or 10% w/v) |
|--|---|

| | |
|---|---|
| Other ingredients (inactive ingredients) | <ul style="list-style-type: none">• Sodium metabisulphite• Disodium edetate• Purified water |
|---|---|

Do not take this medicine if you are allergic to any of these ingredients.

The eye drops do not contain any preservatives.

What Minims Phenylephrine looks like

Minims Phenylephrine is available in two strengths:

- Minims Phenylephrine 2.5% eye drops
- Minims Phenylephrine 10% eye drops.

Minims Phenylephrine comes in single dose units (tubes) containing 0.5mL of a clear, colourless solution. Each tube is wrapped in a polyester/paper blister. The blisters are packed in cartons of 20 units.

Who distributes Minims Phenylephrine

In New Zealand, Minims Phenylephrine is supplied by:

Bausch & Lomb (NZ) Ltd

c/- Corporate Services New Zealand

Level 5, 79 Queen Street

Auckland, 1010, New Zealand

This leaflet was prepared in October 2025.