

# PHENYLEPHRINE

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## What is in this leaflet

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The medicine you have purchased contains Phenylephrine.

This leaflet is intended to provide information on the active ingredient Phenylephrine, which is contained in many different medicines. The label on the packaging of the medicine you have bought should be read carefully. This leaflet provides additional information on Phenylephrine which should also be read and understood.

Please read this leaflet and the label of the medicine you purchased, carefully before you start using Phenylephrine.

This leaflet answers some common questions about Phenylephrine. 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.

**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.

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## What Phenylephrine is used for

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Phenylephrine hydrochloride is a nasal decongestant which helps to relieve a blocked nose. It reduces the size of the blood vessels in the nose and sinuses helping you to breathe more easily.

There may be more than one active ingredient in your medicine, such as paracetamol, ibuprofen or an antihistamine.

Please read the label on the packaging of all cough and cold medicines carefully to ensure you do not take 2 or more medicines with the same active ingredients

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

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## Before you use Phenylephrine.

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**Do not use Phenylephrine if you:**

- are allergic to phenylephrine hydrochloride or any of the other ingredients listed on the back label of the medicine packaging.

- have heart problems
- high blood pressure (particularly due to a tumour near the kidney)
- have diabetes
- are a man with prostate problems
- have glaucoma (increased pressure in the eye)
- have an overactive thyroid gland
- are taking Monoamine Oxidase Inhibitor medicines (used for depression) or have taken them within the last 14 days
- are a woman who is pregnant or breast feeding.
- are a child under six years of age

### **Pregnancy and Breastfeeding**

Do not take phenylephrine hydrochloride if you are pregnant or breast feeding.

**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 using Phenylephrine, talk to your doctor or pharmacist.

### **Before you start to use it**

**Talk to your doctor or pharmacist before taking this medicine if you:**

- have problems with your blood circulation (including Raynaud's Phenomenon, which makes the toes and fingers numb and pale).
- Intend giving this medicine to a child aged 6 to under 12 years.

**You have allergies to any other medicines, foods, preservatives or dyes.**

**You have or have had any of the medical conditions listed above:**

**If you have not told your pharmacist or doctor about any of the above, tell him/her before you start taking Phenylephrine**

### **Taking other medicines**

**You must not take phenylephrine hydrochloride if you are taking:**

- Monoamine Oxidase inhibitor medicines (used for depression) or have taken them within the last 14 days.

Talk to your pharmacist or doctor before you take phenylephrine hydrochloride if you are using any of the following

- any heart medicines (especially digoxin)
- drugs for helping blood circulation and controlling angina (such as glyceryl trinitrate) or beta-blockers (e.g. atenolol)
- tricyclic antidepressants (e.g. amitriptyline)
- some antibiotics
- some epilepsy treatments

- other nasal decongestants.

Tell your doctor or pharmacist if you are taking any other medicines or before you take any other cough or cold medicines in combination with Phenylephrine. This includes medicines that you buy 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 Phenylephrine.

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## How to use Phenylephrine

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

They may differ from the information contained in this leaflet.

Read the label on the packaging and this leaflet carefully before taking Phenylephrine.

**Do not take more than the recommended dose.**

### **How much to take**

The information below is a general guide on the amount of phenylephrine that can be safely taken.

**Follow the instructions on the labelling of the product you have purchased.**

You may also wish to discuss how much to take and when to take it with your pharmacist or doctor.

Age	Dose and how often to take – for Phenylephrine <u>only</u>
Adults, the elderly and children aged 12 years and over.	Take one dose (maximum 12.2mg) up to four times a day. Take with a glass of water. Leave at least 4 hours between doses. Do not take more than 4 doses in 24 hours.

If your symptoms do not go away talk to your doctor or pharmacist.

Do not take for more than 7 days unless your doctor tells you to.

Do not take more than the amount recommended on the label of the packaging of the medicine you have purchased.

**Do not give to children under 12 years without medical advice.**

**Phenylephrine may be given to children aged 6-12 years when purchased from a Pharmacy and under the advice of a Pharmacist; follow their instructions carefully.**

If the symptoms persist for more than a few days, or worsen, consult your doctor or pharmacist.

**If you forget to take it**

**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.**

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## **While you are using Phenylephrine**

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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.

If you are about to be started on any new medicine tell your doctor or pharmacist that you are taking Phenylephrine.

**Things you must not do**

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

Do not take Phenylephrine to treat any other complaints unless your pharmacist or doctor tells you to.

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

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## **In case of overdose**

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***If you take too much (overdose)***

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have taken too much Phenylephrine.

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

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## Side Effects

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

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 adverse effects. Talk to your doctor or pharmacist if you have any questions or concerns.

**If you experience any of the following stop using the medicine and seek immediate medical help:**

- difficulty in breathing, swelling of the face, neck, tongue or throat (these are signs of a severe allergic reaction).

If you experience any of the following symptoms, or have any other unusual symptoms or concerns with your medicine, stop taking it and talk to your pharmacist or doctor:

- fast heart rate, changes in heart rhythm, palpitations (feeling your Heartbeat), high blood pressure
- feeling sick, vomiting
- headache
- men may have difficulty passing urine.

Other adverse effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

Do not be alarmed by this list of possible adverse effects. You may not experience any of them.

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## After using Phenylephrine

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### **Storage**

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

Do not use after the expiry date shown on the carton of your medicine.

Do not store above the temperature shown on the labelling of your medicine

**Keep it out of sight and where children cannot reach it.**

### **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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Phenylephrine is available in a number of medicines used to treat coughs, colds and influenza. It may be contained in tablets, capsules, caplets or liquids. Always read the product labelling carefully to see which ingredients it contains.

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## **Date of Preparation**

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This leaflet was prepared on 17 September 2010.