

# Beechams® COLD & FLU

## CAPSULES

**Paracetamol, Phenylephrine,  
Caffeine**

Please read right through this leaflet before you start using this medicine. This medicine is available without prescription, but you still need to use Beechams Cold & Flu Capsules carefully to get the best results from it.

- Keep this leaflet you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

### In this leaflet:

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## 1. What Beechams Cold & Flu Capsules do

Beechams Cold & Flu Capsules are used for the short term relief of the symptoms of flu, colds and chills.

These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh and sore throat. The medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever.

Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily. Caffeine acts as a mild stimulant.

## 2. Check before you take Beechams Cold & Flu Capsules



### Do not take Beechams Cold & Flu Capsules:

- if you have ever had an allergic reaction to paracetamol, phenylephrine hydrochloride, caffeine or any of the other ingredients (listed in Section 6)
- if you have kidney or liver problems, overactive thyroid, diabetes, high blood pressure or heart disease
- if you have pheochromocytoma or glaucoma
- if you are taking tricyclic antidepressants (e.g. imipramine or amitriptyline) or if you are taking or have taken within the last two weeks monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed for depression
- if you are taking beta blockers (e.g. atenolol).

Do not take anything else containing paracetamol while taking this medicine.

Do not take with any other flu, cold or decongestant products.



### Take special care with Beechams Cold & Flu Capsules

- This product may cause dizziness. If affected do not drive or operate machinery.



### Ask your doctor before you take this medicine:

- if you have been told by your doctor you have an intolerance to some sugars
- if you have a blood vessel disease such as Raynaud's Phenomenon
- if you have an enlarged prostate
- if you have heart or circulation disease.



### If you are taking other medicines

Talk to your doctor or pharmacist before taking Beechams Cold & Flu Capsules if you are taking any prescribed medicines; particularly metoclopramide or domperidone (for nausea [feeling sick] or vomiting [being sick]) or ergotamine or methylsergide (for migraine) or colestyramine (to lower blood cholesterol)

or drugs to lower **blood pressure**; appetite suppressants or stimulants; drugs to treat **depression** such as tricyclic antidepressants (e.g. amitriptyline) or **heart disease** (e.g. digoxin) or if you take **blood thinning drugs** (anticoagulants e.g. warfarin).



## **Pregnancy and breast feeding**

Due to the caffeine content of this product it should **not be used** if you are **pregnant** or **breast feeding**.

## **3. How to take Beechams Cold & Flu Capsules**



Adults and children aged 12 years and over: **Swallow 2 capsules every 4 to 6 hours** as needed.



- **Do not take more frequently than every 4 hours.**
- **Do not take more than 12 capsules in 24 hours.**
- **Do not take more than the recommended dose.**
- **Do not take for more than 7 days without asking your doctor.**
- **Do not give to children under 12 years.**
- **Avoid too much caffeine in drinks like coffee and tea.** High caffeine intake can cause difficulty sleeping, shaking and an uncomfortable feeling in the chest.

## **If you take too many capsules**

Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage.

If your symptoms persist, **see your doctor**.

## **4. Possible side effects**

Like all medicines, Beechams Cold & Flu Capsules can have side effects, but not everybody gets them.

A small number of people have had side effects.

**Stop taking this medicine and tell your doctor immediately if you experience:**

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath.
- **Skin rash or peeling, or mouth ulcers.**
- **Breathing problems.** These are more likely if you have experienced them before when taking other

painkillers such as ibuprofen or aspirin.

- **Unexplained bruising or bleeding.**
- **Reoccurring fevers or infections.**
- **Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.**
- **Visual disturbances.** This is rare but is more likely in those with glaucoma.
- **Unusually fast pulse rate** or a sensation of an unusually **fast or irregular heartbeat.**
- **Difficulty passing water.** This is more likely to occur in men with an enlarged prostate gland.

These reactions are rare.

The following side effects may occur. **Tell your doctor** if you get them.

- **Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.**

**If you get any side effects**, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store Beechams Cold & Flu Capsules**

Keep out of the sight and reach of children.

Store below 25°C. Store in the original package in order to protect from moisture. Do not use this medicine after the EXP date shown on the pack.

## **6. Further information**

**Active ingredients** Each capsule contains Paracetamol 300 mg, Phenylephrine Hydrochloride 5 mg and Caffeine 25 mg.

**Other ingredients** Lactose, colloidal silica, dimeticone, amaranth (E 123), erythrosine (E 127), sunset yellow (E 110), titanium dioxide (E 171), gelatin.

**Colours amaranth (E 123) and sunset yellow (E 110) may cause allergic reactions.**

Packs of Beechams Cold & Flu Capsules contain 10 or 16 capsules.

**The marketing authorisation holder** is GlaxoSmithKline Consumer Healthcare, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.

**The manufacturer** is Wrafton Laboratories Ltd, Wrafton, Braunton, North Devon, EX33 2DL, U.K.

This leaflet was last revised in March 2014.

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