

Lemsip Cold & Flu Lemon

(paracetamol and phenylephrine hydrochloride)

Patient Information Leaflet

Please read this leaflet carefully before you take this medicine. If you are not sure of anything ask your pharmacist or doctor.

1. What is this medicine and what is it used for?

Lemsip Cold & Flu Lemon contains a combination of ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion and lowering of temperature.

Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a headache, and can also reduce a fever (antipyretic). Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing the pressure which may cause a headache.

2. Before taking this medicine

Do not take this medicine with any other paracetamol-containing products.

Also, you should not drink large quantities of alcohol, whilst taking this medicine.

As with all medicines Lemsip Cold & Flu Lemon may not be suitable for some people.

Do not take this medicine if:

- You are allergic to any ingredient (see section 6 for further information)
- You have a serious heart condition
- You have high blood pressure (hypertension) or an overactive thyroid
- You are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), usually used to treat depression.
- You are pregnant or breast feeding.

You should ask the pharmacist before taking Lemsip Cold & Flu Lemon if:

- You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus
- You are taking beta-blockers for high blood pressure, or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome)
- You are taking tricyclic antidepressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy)
- You have a problem with your liver or kidneys
- You have non-cirrhotic liver disease (liver disease that is not associated with changes in the structure of the liver)
- You have closed angle glaucoma or prostatic enlargement
- You are taking other medicines. Some drugs may affect the way in which paracetamol works, including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone). The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol. Some drugs may affect the way in which phenylephrine works (digoxin and cardiac glycosides).

Information about some of the ingredients in your medicine

If you have phenylketonuria (an inherited genetic disorder) please note that this product contains aspartame, a source of phenylalanine. This medicine also contains sucrose, therefore if you have been told by your doctor that you have an intolerance to some sugars contact your doctor before taking this medicinal product.

3. How to take this medicine

To be made into a hot drink. Dissolve one sachet in a mug of hot but not boiling water. Stir until dissolved. If preferred sweeten to taste with sugar, honey or your usual sweetener.

It is important to drink plenty of fluids when suffering from colds and flu.

Adults and children 12 years and over:

Dose may be repeated in 4 to 6 hours. **Do not take more than four sachets in a total of 24 hours.**

Do not give to children under 12 years.

If the symptoms of your cold or flu persist for more than three days, or worsen, consult your pharmacist.

Immediate medical advice should be sought in the event of an overdose, even if you feel well because of the risk of delayed, serious liver damage.

4. Possible side-effects

- Allergic reactions (such as skin rashes)
- Blood disorders, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), pancytopenia (reduction in white and red blood cells), agranulocytosis, leucopenia or neutropenia (reduction in white blood cells which makes infections more likely)
- High blood pressure with headache
- Vomiting
- Palpitations (irregular or forceful heartbeat)
- Acute pancreatitis (after ingestion of above normal amounts)
- Difficulty in passing urine (in men only)

Tell your doctor or pharmacist if you have any side-effects after taking this medicine, including any not listed in this leaflet.

5. How to store

Keep all medicines out of the reach and sight of children.

Do not use after the end of the month of the expiry date (EXP month/year) shown on the pack.

Do not store above 25°C (77°F). Store in the original package.

6. Further information

Contains the active ingredients paracetamol 650mg and phenylephrine hydrochloride 10mg. The other ingredients are ascorbic acid (Vitamin C), citric acid, sucrose, aspartame, sodium citrate, saccharin sodium, curcumin WD and lemon flavour.

The product is available in cartons of 5 and 10 sachets.

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