

**Lemsip Cough Max for Mucus Cough & Cold 1000 mg/200 mg/12.2mg
Powder for Oral Solution**

(paracetamol, phenylephrine hydrochloride, guaifenesin)

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 Cough Max for Mucus Cough & Cold 1000 mg/200 mg/12.2mg Powder for Oral Solution 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, and chesty coughs.

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. Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough.

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 Cough Max for Mucus Cough & Cold 1000 mg/200 mg/12.2mg Powder for Oral Solution 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 should ask the pharmacist before taking Lemsip Cough Max for Mucus Cough & Cold 1000 mg/200 mg/12.2mg Powder for Oral Solution if:

- You are pregnant, or 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 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.

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.

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.

4. Possible side-effects

- Allergic reactions (such as skin rashes)
- Changes in the number of blood cells, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily) or agranulocytosis (reduction in white blood cells which makes infections more likely)
- Nausea
- Abdominal discomfort
- High blood pressure with headache
- Vomiting
- Palpitations.

Tell your doctor or pharmacist if you have any side-effects after taking this medicine, including any not listed in this leaflet. Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side-effects via the internet at www.yellowcard.gov.uk; alternatively you can call Freephone 0800 100 3352 (available between 10am-2pm Monday - Friday) or fill in a paper form available from your local pharmacy.

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, phenylephrine hydrochloride and guaifenesin. 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.

Alternative format patient information for the visually impaired is available on request from the Marketing Authorisation Holder/Manufacturer:

Reckitt Benckiser Healthcare (UK) Ltd,
Hull, HU8 7DS.

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