

## Package leaflet: Information for the user



Children's Chesty  
Coughs  
*50 mg/5 ml Syrup*  
*6-12 years*  
Guaifenesin

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If your child gets any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if your child does not feel better or feels worse after a few days.

### **What is in this leaflet**

1. What Benylin Children's Chesty Coughs Syrup is and what it is used for
2. What you need to know before you take Benylin Children's Chesty Coughs Syrup
3. How to use Benylin Children's Chesty Coughs Syrup

4. Possible side effects
5. How to store Benylin Children's Chesty Coughs Syrup
6. Contents of the pack and other information

## **1. What Benylin Children's Chesty Cough Syrup is and what it is used for**

Benylin Children's Chesty Cough Syrup is a medicine which is used to help relieve chesty coughs in children. It contains guaifenesin (an expectorant) to help loosen mucus (phlegm) from the lungs and make it easier to cough up. The medicine is for use in children aged 6-12 years.

## **2. What you need to know before you use Benylin Children's Chesty Cough Syrup**

This medicine is suitable for most children but a few children should not use it. If you are in any doubt, talk to your doctor or pharmacist.



### **Do not use Benylin Children's Chesty Cough Syrup...**

- If your child has ever had a **bad reaction** to this product or any of the ingredients. See section 6 for full list of ingredients.
- If your child is taking **any other cough and cold medicine**.
- If your child is aged under 6 years.



## **Warnings and Precautions**

## **Talk to your doctor or pharmacist before using Benylin Children's Chesty Cough Syrup...**

- If your child suffers from **liver** or **kidney problems**.
- If your child has had a **cough** for a few weeks that may be caused by **asthma**, or a cough which brings up a lot of mucus (phlegm).
- If your child has a cough that tends to recur or is accompanied by a fever, rash or persistent headache



If any of these apply now or in the past, **talk to a doctor or pharmacist**.

### **Pregnancy and breast-feeding**

The following advice is included in case an older child or adult is taking the medicine.



- If you are pregnant or breast-feeding or not taking contraceptive measures, only use this medicine on the advice of your doctor.

### **Benylin Children's Chesty Cough Syrup contains sorbitol and sodium**

- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- This medicinal product contains 14.9 mg sodium per 5 ml. To be taken into consideration by patients on a controlled sodium diet.

## **3. How to use this Benylin Children's Chesty Coughs Syrup**

**Check the table below to see how much medicine to take.**

■ Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

■ For oral use only.

■ Do not give more than the stated dose shown below.

■ There is a double-ended spoon in this pack. <picture of spoon>

### **Children under six years old**

This medicine is not recommended for children under 6 years old.

### **Children 6 - 12 years**

#### **Age**

#### **Dose**

#### **Children 6-12 years**

Give two 5ml spoonfuls every 6 to 8 hours. Do not give more than eight 5ml spoonfuls in one day.

■ Use only when simple measures have failed to provide adequate relief.

■ Do not give to a child under 12 years of age for more than 5 days without consulting your doctor.

### **If anyone has too much**

If anyone has taken too much, contact your doctor or pharmacist immediately.

If you take too much of this product you may develop kidney stones.

### **If you forget to give the medicine**

You should only give this medicine as required following the dosage instructions above carefully.

If you forget to give a dose, give the next dose when needed. **Do not** give a double dose.

#### **4. Possible side-effects**

Like all medicines, this medicine can cause side effects although not everybody gets them.

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

■ **Allergic reactions** including **skin rashes** (which may be severe and include blistering and peeling of the skin) and **itching**.

**Mild effects that may occur include:**

- Nausea or vomiting.
- Stomach pain and diarrhoea.

#### **Reporting of side effects**

If your child gets 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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

#### **5. How to store Benylin Children's Chesty Cough Syrup**

Do not store this product above 25°C.

Store in the original package.

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date on the packaging. The expiry date refers to the last day of that month.

■ Do not use if bottle seal is broken when purchased. Keep bottle tightly closed in order to protect from moisture.

Do not throw away any medicine via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Contents of the pack and other information**

### **What Benylin Children's Chesty Cough Syrup contains**

The active substance is Guaifenesin.

The other ingredients are: Glycerol, sorbitol liquid (E420), carmellose sodium, sodium citrate, sodium saccharin, sodium benzoate (E211), citric acid monohydrate, strawberry flavour and water.

### **What Benylin Children's Chesty Cough Syrup looks like and contents of the pack**

Benylin Children's Chesty Cough Syrup is a clear colourless syrup, available in 125 ml, glass bottles.

### **Marketing authorization Holder and Manufacturer**

**Product Authorisation holder:** McNeil Healthcare

(Ireland) Limited, Airton Road, Tallaght, Dublin 24, Ireland.

**Manufacturer:** Famar Orleans, 5 avenue de Concyr, 45071 Orleans, Cedex 2, France.

**This leaflet was revised December 2014.**

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