

## Package leaflet: Information for the user



### **Non-Drowsy Chesty Coughs Syrup**

**guaifenesin 100 mg/5 ml**

**levomenthol 1.1 mg/5 ml**

**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 3 days.

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

1. What Benylin Non-Drowsy Chesty Cough Syrup is and what it is used for
2. What you need to know before you take Benylin Non-Drowsy Chesty Cough Syrup
3. How to take Benylin Non-Drowsy Chesty Cough Syrup
4. Possible side
5. How to store Benylin Non-Drowsy Chesty Cough Syrup
6. Contents of the pack and other information

## **1. What Benylin Non-Drowsy Chesty Cough Syrup is and what it is used for**

Benylin Chesty Coughs Non-Drowsy is a medicine which is used to help relieve chesty coughs. It contains Guaifenesin (an expectorant) to help loosen mucus (phlegm) from the lungs and make it easier to cough up, and Levomenthol to help you breathe more easily by easing congestion. The medicine is for use in adults and children aged 12 years and over.

## **2. What you need to know before you take Benylin Non-Drowsy Chesty Cough Syrup**

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

### **Do not take Benylin Non-Drowsy Chesty Cough Syrup ...**

- If you are allergic to guaifenesin or levomenthol or to any of the other ingredients of this medicine (listed in section 6).

### **Warnings and Precautions**

Talk to your doctor or pharmacist before taking Benylin Non-Drowsy Chesty Cough Syrup

- If you suffer from **liver** or **kidney problems**.
- If you have been told by your doctor that you have an intolerance to some sugars.
- If you have had a **cough** for a few weeks that may be caused by **asthma**, or a cough which brings up a lot of mucus (phlegm).

### **Other medicines and Benylin Non-Drowsy Chesty Cough Syrup**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

Please tell your doctor that you are taking this product if you have a urine test.

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

- If you are pregnant or breast-feeding, or not taking contraceptive measures, ask your doctor or pharmacist for advice before taking this medicine

### **Benylin Non-Drowsy Chesty Cough Syrup contains sucrose, liquid glucose, ethanol. Ponceau 4R, sodium.**

- This medicine contains sucrose and liquid glucose. 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 contains 3.49 g glucose per dose. Contains 1 g of sucrose per dose. This should be taken into account in patients with diabetes mellitus.

- This medicinal product contains 5 vol % ethanol (alcohol), i.e. up to 200 mg per dose, equivalent to 5 ml beer, 2 ml wine per 5 ml per dose. This can be harmful for those suffering from alcoholism. The ethanol content should be taken into account in pregnant or breastfeeding

women, children and high-risk groups such as patients with liver disease or epilepsy.

- Ponceau 4R (E124) may cause allergic reactions. These reactions are more common in people who are allergic to aspirin
- This medicinal product contains 16.42 mg sodium per 5 ml. To be taken into consideration by patients on a controlled sodium diet.

### 3. How to take Benylin Non-Drowsy Chesty Cough Syrup

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

- Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.
- For oral use only.
- Do not use more than the stated dose shown.

#### Adults and children 12 years and over

Age	Dose
<b>Children</b>	
<b>6 – 12 years</b>	Not recommended.
<b>Adults and children over 12 years</b>	Take <b>two 5 ml spoonfuls</b> four times a day

- Do not give more than 4 doses in 24 hours.
- If symptoms persist, talk to your doctor or pharmacist.

#### **If you take more Benylin Non-Drowsy Chesty Cough Syrup than you should**

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 take Benylin Non-Drowsy Chesty Cough Syrup**

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

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

### 4. Possible side-effects

Like all medicines, this medicine can cause side-effects, although not everyone 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 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 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 Non-Drowsy Chesty Cough Syrup**

Do not store this product above 30°C.

Keep the product out of the sight and reach of children.

Do not use your medicine after the date shown as an expiry date on the packaging, the expiry date refers to the last day of the month.

Keep the bottle tightly closed to protect from moisture.

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

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

#### **What Benylin Non-Drowsy Chesty Cough Syrup contains:**

The active substances are Guaifenesin and Levomenthol.

The other ingredients are Sucrose, liquid glucose, ethanol, glycerol, sodium citrate, saccharin sodium, citric acid monohydrate, sodium benzoate (E211), Ponceau 4R (E124), caramel (E150), carbomer, raspberry essence, natural sweetness enhancer and water.

#### **What Benylin Non-Drowsy Chesty Cough Syrup medicine looks like and contents of the pack**

Benylin Chesty Coughs Non-Drowsy is a clear red syrup, available in 125 ml glass bottles.

#### **Marketing Authorisation Holder and contents of the pack**

**Product Licence holder:** McNeil Healthcare (Ireland) Ltd., Airton Road, Tallaght, Dublin 24, Ireland.

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

**This leaflet was last revised in**