TERPIN & CODEINE LINCTUS

IMPORTANT: Peel this label at corner and read BEFORE use. Do not tear off, re-fix for future use.

For symptomatic relief of troublesome coughs. Take the solution by mouth.

SHAKE THE BOTTLE.

Adults: Take 1 x 5ml spoonful, diluted with water, after food. Repeat after 6 hours if required, but not more than 3 doses in 24 hours.

The elderly: Ask your doctor for advice. A lower dose may be more suitable.

Do not give to children under 16 years old.

WARNING: DO NOT EXCEED THE STATED DOSE.

If symptoms persist for more than 7 days consult your doctor.

Important ingredient information

This product contains codeine. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

It contains 30% vol ethanol (alcohol), i.e. up to 1160mg per dose, equivalent to 30ml beer or 33ml wine per dose. Harmful for those suffering from alcoholism. To be taken into account in pregnant or breastfeeding women, children and high risk groups such as patients with liver disease or epilepsy.

Pregnant or breastfeeding....

Terpin and Codeine Linctus should not be used in pregnancy unless the doctor has told you to do so. Do not take codeine while you are breastfeeding. Codeine and morphine pass into breast milk.

Driving and using machines.....

This medicine may cause drowsiness or dizziness. If you are affected do not drive or operate machinery. The medicine can affect your ability to drive as it may make you sleepy or dizzy.

Do not drive while taking this medicine until you know how it affects you.

It is an offence to drive if this medicine affects your ability to drive.

However, you would not be committing an offence if:

• The medicine has been prescribed to treat a medical or dental problem and
• You have taken it according to the instructions given by the prescriber or in the information provided with the medicine and
• It was not affecting your ability to drive safely.

Speak to your doctor or pharmacist if you have:

• Kidney or liver problems (a reduced dose may be recommended by your doctor).
• A history of asthma or other breathing problems, including bronchitis.
• Low blood pressure.
• Irritable bowel syndrome (IBS) or other bowel problems.
• Abdominal pain.
• Myasthenia gravis (a disease of the muscles).
• Underactive thyroid or adrenal gland problems (a reduced dose may be recommended by your doctor).
• Gallstones or bile duct problems.
• Prostate problems.
• Problems passing urine.
• Irregular heartbeat.
• Fits.
• Or you are suffering from shock.
• Or you are elderly, as elderly people can react differently to the medicine. See section 2.

Speak to your doctor or pharmacist if you are taking:

• MAOIs (monoamine oxidase inhibitors) for depression, selegiline for Parkinson’s Disease, or the antibiotic linezolid, or you have taken them within the last two weeks.
• Any tranquillizers, antidepressants, sedatives, sleepkillers, anesthetics, sedating antihistamines or sleeping tablets.
• Any medicine for mental illness.
• Moclobemide or dextromethorphan for nausea and vomiting.
• Quinidine or mexiteline for irregular heartbeat.
• Alcohol (avoid alcoholic drinks while taking this medicine).
• Clemetidine for stomach ulcers.
• Sodium oxybate for sleeping disorders.
• Rifampicin for tuberculosis.

2. Possible side effects

Like all medicines, Terpin and Codeine Linctus can have side effects, although these don’t affect everyone.

Important side effects

Codeine is transformed to morphine in the liver by an enzyme. Morphine is the substance that produces pain relief. Some people have a variation of this enzyme and this can affect people in different ways. In some people, morphine is not produced or produced in very small quantities, and it will not provide enough pain relief. Other people are more likely to get serious side effects because a very high amount of morphine is produced.

If you notice any of the following side effects, you must stop taking this medicine and seek immediate medical advice: slow or shallow breathing, confusion, sleepiness, small pupils, feeling or being sick, constipation, lack of appetite.

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TERPIN & CODEINE LINCTUS

Other possible side effects are:
- Feeling or being sick.
- Dizziness or vertigo.
- Constipation.
- Loss of appetite.
- Nits.
- Feeling unwell.
- Muscle twitching or stiffness.
- Drowsiness.
- Disturbed sleep.
- Difficulty in passing water.
- Dry mouth.
- Sweating.
- Headache.
- Facial flushing.
- Fluid retention (e.g. swollen ankles and feet).
- Abnormal heartbeat.
- Feeling faint when standing up.
- Slow, shallow breathing.
- Low body heat.
- Hallucinations.
- Mood changes.
- Feeling restless or confused.
- Pinpoint pupils or other problems with eyesight.
- Abdominal pain (including pain caused by inflammation of the pancreas (pancreatitis) or bile duct problems (biliary spasm)).
- Ureteric spasm (urine tube problem causing abdominal or lower back pain).
- Low sexual urge.
- Allergic reactions such as itching and a rash.
- Elderly people may experience incontinence, diarrhoea, stomach pain or a blocked bowel.
- Prolonged use may worsen irritable bowel syndrome.
- Prolonged use may lead to addiction, dependence and tolerance (the medicine loses its effect).
- If you notice these or any other side effects, stop use and tell your doctor or pharmacist. They will tell you what to do.

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 the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

3. Further information
If you accidentally take too much see a doctor straight away. Take the pack with you to show which medicine you have swallowed.
- Do not use after the expiry date. The expiry date refers to the last day of that month.
- Return any unused medicine to the pharmacy for disposal.

The active ingredients per 5ml are: terpin hydrate 32.5mg, codeine phosphate 1.6mg, menthol 1.0mg.
The other ingredients are: cineole, ethanol, glycerol (E422), pumillo pine oil, sucrose and purified water.

What the medicine looks like
Terpin and Codeine Linctus is a clear, colourless syrupy liquid. It is supplied in 200ml bottles.

Text revised: July 2014