



**Package leaflet: Information for the user**

**Carbocisteine**

**375 mg Capsules, hard**

carbocisteine

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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet**

1. What Carbocisteine is and what it is used for
2. What you need to know before you take Carbocisteine
3. How to take Carbocisteine
4. Possible side effects
5. How to store Carbocisteine
6. Contents of the pack and other information

**1. What Carbocisteine is and what it is used for**

Carbocisteine 375 mg Capsules, hard (called Carbocisteine in this leaflet) contains a medicine called carbocisteine. This belongs to a group of medicines called 'mucolytics'. It works by making mucus (phlegm) less sticky. This makes the mucus easier to cough up. Carbocisteine is used for problems with the breathing passages (respiratory tract). These problems happen when too much mucus is made or the mucus is too sticky.

**2. What you need to know before you take Carbocisteine**

**Do not take Carbocisteine if:**

- you are allergic (hypersensitive) to carbocisteine or any of the other ingredients of this medicine (listed in section 6).  
Signs of an allergic reaction include: a rash, swallowing or breathing problems, swelling of the lips, face, throat or tongue.
- you have an ulcer in your stomach or gut.

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking Carbocisteine.

**Warnings and precautions**

Talk to your doctor or pharmacist before taking this medicine if:

- You are elderly.
- You have had an ulcer in your stomach or gut.
- You are taking other medicines known to cause bleeding in the stomach.

**Pregnancy and breast-feeding**

Carbocisteine is not recommended during pregnancy or breast-feeding.

Talk to your doctor before taking this medicine if:

- You are pregnant, might become pregnant or think you may be pregnant.
- You are breast-feeding or planning to breast-feed.

Ask your doctor or pharmacist for advice before taking any medicine if you are pregnant or breast-feeding.

**Carbocisteine contains sodium**

This medicine contains less than 1 mmol sodium (23 mg) per each hard capsule, that is to say essentially 'sodium-free'.

**3. How to take Carbocisteine**

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

**Taking this medicine**

- Take this medicine by mouth.
- If you feel that this medicine is too weak or too strong, do not change the dose yourself, but ask your doctor.

**How much to take**

**Adults (including the elderly)**

- The usual dose is two capsules, 3 times each day.
- If your symptoms improve, your dose should be lowered to one capsule, 4 times, each day.

**Use in children**

Carbocisteine is not recommended for children.

**If you take more Carbocisteine than you should**

If you take more capsules than you should, tell a doctor or go to a hospital casualty





department straight away. Take the medicine pack with you. This is so the doctor knows what you have taken. If you take too many capsules, it is likely that you will get an upset stomach (gastrointestinal disturbance).

**If you forget to take Carbocisteine**

If you forget a dose, do not worry. Just wait until the next dose is due. **Do not** take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

**4. Possible side effects**

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

**Stop taking Carbocisteine and see a doctor or go to a hospital straight away if:**

- You have an **allergic reaction**. The signs may include: a rash, swallowing or breathing problems, swelling of the lips, face, throat or tongue.
- You have blistering or bleeding of the skin, including around your lips, eyes, mouth, nose and genitals. You may also have flu-like symptoms and fever. This may be something called ‘Stevens-Johnson syndrome’.
- You have blood in your vomit or black tarry stools.

**Tell your doctor or pharmacist if any of the following side effects get serious or lasts longer than a few days:**

- Feeling sick (nausea) or being sick (vomiting)
- Diarrhoea
- Stomach pain

**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 Website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

**5. How to store Carbocisteine**

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

Do not use this medicine after the expiry date which is stated on the carton and blister after “EXP”. The expiry date refers to the last day of that month.

Store below 30°C.

Do not throw away any medicines 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 Carbocisteine contains**

- The active substance is carbocisteine. Each capsule contains 375 mg of carbocisteine.
- The other ingredients are:

Capsule Contents: mannitol; maize starch; croscarmellose sodium; sodium laurilsulfate, grade K12; colloidal anhydrous silica and magnesium stearate.

Capsule Shell: gelatine; red iron oxide E172; titanium dioxide E171 and yellow iron oxide E172.

**What Carbocisteine looks like and contents of the pack**

The Carbocisteine capsules are hard gelatine capsules, filled with homogenous white powder. The colour of the capsule body and of the capsule cap is dull-yellow opaque. The dimension of each capsule is approximately 19.4 ± 0.3 mm.

The capsules are blister-packed in transparent PVC/PVDC/aluminium hard foil. Each blister strip contains 10 capsules.

Pack sizes: 20, 30, 50 or 120 capsules.

Not all pack sizes may be marketed.

**Marketing Authorisation Holder**

Milpharm Limited  
Ares Block, Odyssey Business Park  
West End Road  
Ruislip HA4 6QD  
United Kingdom

**Manufacturer**

ALKALOID-INT d.o.o., Šlandrova ulica 4,  
Ljubljana-Črnuče, 1231, Slovenia

PL 16363/0493

**This leaflet was last revised in 05/2022.**

