



# Day Nurse capsules



*Paracetamol, Pseudoephedrine, Pholcodine*

Please read right through this leaflet before you start using this medicine.

This medicine is available without prescription, but you still need to use Day Nurse Capsules carefully to get the best results from them.

- Keep this leaflet you may need to read it again.
- If you have any further questions, ask your pharmacist.

## In this leaflet:

1. What Day Nurse Capsules do
2. Check before you take Day Nurse Capsules
3. How to take Day Nurse Capsules
4. Possible side effects
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## 1. What Day Nurse Capsules do

Day Nurse Capsules are used for the day-time relief of the major symptoms of colds, chills and influenza.

The medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Pseudoephedrine hydrochloride is a decongestant which opens the airways, helping you breathe more easily. Pholcodine is a cough suppressant that helps relieve dry or tickly coughs.

## 2. Check before you take Day Nurse Capsules



### Do not take Day Nurse Capsules:

- if you have ever had an allergic reaction to paracetamol, pseudoephedrine hydrochloride, pholcodine or any of the other ingredients (listed in Section 6)
- if you have ever developed a severe skin rash or skin that peels, blisters or sores in the mouth after taking Day Nurse.
- if you have high blood pressure or heart disease
- if you have kidney disease or hyperexcitability
- if you have difficulty breathing or lung problems
- if you are taking appetite suppressants or stimulant drugs called amphetamines (sometimes used to treat ADHD)

- if you have taken monoamine oxidase inhibitors (MAOIs) prescribed for depression in the last two weeks
- sudden abdominal pain or rectal bleeding may occur with Day Nurse capsules, due to inflammation of the colon (ischaemic colitis). If you develop these gastro-intestinal symptoms, stop taking Day Nurse capsules and contact your doctor or seek medical attention immediately. See section 4
- if you are taking antibiotics called linezolid.

Do not take with any other paracetamol-containing products.

Do not take with any other flu, cold or decongestant product.



### Take special care with Day Nurse Capsules

- Do not drive if the medicine makes you feel dizzy
- If you are taking tricyclic antidepressants
- The pseudoephedrine content in this product may induce a positive reaction during anti-doping control tests.

If you develop any of the below symptoms, stop taking Day Nurse and contact your doctor or seek medical attention immediately (see section 4):

- If you develop fever, associated with generalised reddening of the skin and/or pustules
- reduction of blood flow to the optic nerve
- serious skin reactions, including acute generalized exanthematous pustulosis (AGEP), have been reported with the use of Day Nurse. AGEP is a generalized, red, scaly rash with bumps under the skin and vesicles associated with a fever. It is most commonly located on the folds of the skin, the trunk and the upper limbs. The highest risk of serious skin reactions occurrence is especially during the first week of treatment.

Stop using this product and seek immediate medical attention if you experience:

- Sudden abdominal pain or blood in your stools.
- Sudden severe headache accompanied by nausea, vomiting or a disturbance in vision.



### Ask your doctor before you take this medicine

- if you have liver problems
- if you have asthma, long term cough or a cough which produces a lot of phlegm
- if you have an overactive thyroid gland, prostate gland enlargement, an irregular heartbeat, glaucoma, diabetes, psychosis or pheochromocytoma (tumour of the adrenal gland)
- if you are due to have an operation.
- if you are skinny, underweight or regularly drink alcohol.
- if you are taking medicines to treat migraine e.g. medicines called ergot alkaloids.
- if you have a history of drug abuse; pholcodine is an opioid and addiction is observed with opioids as a class.



## If you are taking other medicines

Please talk to your doctor or pharmacist before taking this medicine if you are taking any prescribed medicines; particularly **digoxin** (for heart problems); **metoclopramide** or **domperidone** (for nausea or vomiting); **colestyramine** (to lower blood cholesterol); medicines for **high blood pressure**; **blood thinning drugs** (anticoagulants e.g. warfarin); medicines which make you **drowsy**; medicines for **anxiety** or to **help you sleep**.



## Pregnancy and breast feeding

**Do not take Day Nurse Capsules if you are pregnant or breast-feeding unless your doctor tells you to.**

## 3. How to take Day Nurse Capsules



Take during the day.

Adults aged 16 years and over:

**2 capsules with a drink every four hours as required. Do not take more than 8 capsules (4 doses) in any 24 hour period. Do not give to children under 16 years of age.**



- Do not take more than 3 doses in any 24 hours if you also want to take a night-time dose of a paracetamol-containing product at bedtime.
- Always use the **lowest effective amount** to relieve your symptoms.
- **Do not take for more than 7 days.**
- **Do not take more than the recommended dose.**

## If you take too many capsules

Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage. If your symptoms persist, see your doctor.

## 4. Possible side effects

Like all medicines Day Nurse Capsules can have side effects, but not everyone gets them:

**The following effects may occur:**

- Nervousness, difficulty sleeping, anxiety, tremor
- Nausea and vomiting
- Dizziness and sweating
- Dry mouth may occasionally occur
- Hallucinations (particularly in children) have been reported rarely

**Stop taking this medicine and tell your doctor immediately if you experience:**

- **Allergic reactions** such as skin rash, itching sometimes with breathing problems or swelling of the lips, tongue, throat or face. **Very rare cases of serious skin reactions have been reported.**
- **Difficulty passing urine.** This is more likely to occur if you have an **enlarged prostate gland**
- **Skin rash or peeling or mouth ulcers**

- **Breathing problems.** These are more likely if you have experienced them before when taking other painkillers (such as ibuprofen and aspirin)
- Unexplained **bruising and bleeding**
- **Sudden weight loss, loss of appetite or yellowing of the skin and eyes**
- **Inflammation of the colon** due to insufficient blood supply (ischaemic colitis)
- **Blurred vision**
- **Headache, ringing in the ears, irritability or shaking**
- **Rapid heart rate or palpitations**
- **Diarrhoea, constipation or stomach pain**
- **Inability to cough up excess phlegm on the chest**
- **Severe sudden headache**
- **Sudden onset of fever, reddening of the skin, or many small pustules** (possible symptoms of Acute Generalized Exanthematous Pustulosis - AGEP). This may occur within the first 2 days of treatment with Day Nurse. See section 2
- **Generalized rash, red and scaly with bumps under the skin and vesicles** associated with fever at the beginning of treatment (generalized acute exanthematous pustulosis).
- **Reduced blood flow to the optic nerve** (Ischaemic optic neuropathy).

You can also report side effects directly via the Yellow Card Scheme at [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 Day Nurse Capsules

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

Do not take this medicine after the 'EXP' date shown on the pack.

Do not store above 25°C.

## 6. Further information

**Active ingredients** Paracetamol 500mg, Pseudoephedrine Hydrochloride 30 mg and Pholcodine 5 mg.

**Other ingredients** Sodium starch glycollate, magnesium stearate (E 572), sodium lauryl sulphate, gelatin and colours quinoline yellow (E 104), allura red (E 129), titanium oxide (E 171) and printing ink Opacode Black (containing shellac, iron oxide black (E 172), propylene glycol (E 1520) and ammonium hydroxide (E 527)).

**Allura red is an azo dye that may cause allergic reactions.**

Packs of Day Nurse Capsules contain 20 capsules.

**The marketing authorisation holder** is GlaxoSmithKline Consumer Healthcare (UK) Trading Limited, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.

**The manufacturer** is SmithKline Beecham S.A Ctra. de Ajalvir, km. 2,500- 28806 Alcalá de Henares, Madrid - Spain.

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