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Package Leaflet: Information for the user
Flamingo Cold and Flu with Chesty Cough Relief
500mg/100mg/ 6.1mg hard capsules
(paracetamol/ guaifenesin/ phenylephrine hydrochloride)

PHARMA CODE
XXXX
Pharmacode Reading Direction

Please read right through this leaflet before you start using this medicine.
The full name of this medicine is Flamingo Cold and Flu with Chesty Cough Relief 500mg/100mg/ 6.1mg hard capsules. It is referred to as Flamingo cold and chesty cough relief capsules throughout this leaflet.
This medicine is available without prescription but you still need to use Flamingo cold and chesty cough relief capsules carefully to get the best results from them.

- Keep this leaflet you may need to read it again.
- Ask your pharmacist if you need more information or advice.
- 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.
- You must talk to a doctor if you do not feel better or if you feel worse after 5 days.

What is in this leaflet:

1. What Flamingo cold and chesty cough relief capsules are and what they are used for
2. What you need to know before you take Flamingo cold and chesty cough relief capsules
3. How to take Flamingo cold and chesty cough relief capsules
4. Possible side effects
5. How to store Flamingo cold and chesty cough relief capsules
6. Contents of the pack and other information

1. What Flamingo cold and chesty cough relief capsules are and what they are used for
Flamingo cold and chesty cough relief capsules are used for the relief of the symptoms of colds and flu and the pain and congestion of sinusitis, including aches and pains, headache, blocked nose and sore throat, chills and feverishness.
They can also loosen stubborn mucus (phlegm) and provide relief from chesty coughs. This medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Guaifenesin is an expectorant which loosens phlegm and relieves a chesty cough. Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily.

2. What you need to know before you take Flamingo cold and chesty cough relief capsules
Do not take Flamingo cold and chesty cough relief capsules

- if you have ever had an allergic reaction to paracetamol, guaifenesin, phenylephrine hydrochloride or to any of the other ingredients (listed in section 6)
- if you have kidney or liver problems (including alcoholic liver disease), overactive thyroid, diabetes, high blood pressure or heart disease.
- if you have pheochromocytoma or glaucoma
- if you are taking tricyclic antidepressants or if you are taking or if you have taken in the last two weeks monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed for depression.
- if you are taking beta-blockers (e.g. atenolol)
- if you have an enlarged prostate.

Contains paracetamol.
Taking too much paracetamol can cause serious harm to your liver.
Do not take anything else containing paracetamol while taking this medicine.
Do not take with any other flu, cold, decongestant products or cough suppressants.

Warnings and precautions
Ask your doctor before you take this medicine:

- if you have blood vessel disease such as Raynaud's phenomenon
- if you have asthma or chronic cough
- if you have liver or kidney problems
- if you have a severe infection as this may increase the risk of metabolic acidosis.

Signs of metabolic acidosis include:
- deep, rapid, difficult breathing
- feeling sick (nausea), being sick (vomiting)
- loss of appetite

Contact a doctor immediately if you get a combination of these symptoms.
During treatment with this medicine, tell your doctor straight away if:
If you have severe infection or severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), or you suffer from malnutrition, chronic alcoholism or if you are also taking flucloxacillin (an antibiotic). A serious condition called metabolic acidosis (a blood and fluid abnormality) has been reported in patients in these situations when paracetamol is used at regular doses for a prolonged period or when paracetamol is taken together with flucloxacillin.
Symptoms of metabolic acidosis may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea) and being sick (vomiting) and loss of appetite.

If you are taking other medicines
Talk to your doctor or pharmacist before taking Flamingo cold and chesty cough relief capsules if you are taking any prescribed medicines; particularly metoclopramide or domperidone (for nausea [feeling sick] or vomiting [being sick]), or ergotamine or methylsergide (for migraine), or colestyramine (to lower blood cholesterol) or drugs to lower blood pressure; appetite suppressants or stimulants; drugs to treat -depression such as tricyclic antidepressants (e.g. amitriptyline) or heart disease (e.g.

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digoxin) or if you take blood thinning drugs (anticoagulants e.g. warfarin), flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2).

Pregnancy and breast-feeding
Talk to your doctor before taking this product if you are pregnant or breast feeding.

Driving and using machines
This medicine may cause dizziness. If affected do not drive or operate machinery.
This medicine contains less than 1 mmol sodium (23 mg) per capsule, which means it is essentially 'sodium-free'.

3. How to take Flamingo cold and chesty cough relief capsules
Adults aged 16 years and over:
2 capsules 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.

- **Do not take more frequently than every 4 hours.**
- **Do not take more than the recommended dose.**
- **Always use the lowest effective dose to relieve your symptoms.**
- **Do not take for more than 5 days without asking your doctor.**

If you take too many capsules
Talk to a doctor at once if you take too much of this medicine, even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage. If symptoms persist, **see your doctor.**

4. Possible side effects
Like all medicines, this medicine can cause side effects, although not everybody gets them. Very rare cases of serious skin reactions have been reported.
Stop taking this medicine and tell your doctor immediately if you experience:

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath.
- **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 or aspirin.
- **Unexplained bruising or bleeding. Reoccurring fevers or infections.**
- **Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.**
- **Visual disturbances.** This is rare but is more likely in those with glaucoma.
- **Unusually fast pulse rate or sensation of an unusually fast or irregular heartbeat.**
- **Difficulty passing water.** This is more likely to occur in men with an enlarged prostate gland.
- **Metabolic acidosis: Frequency not known:** A serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2)''

The following side effects may also occur. Tell your doctor if you get them:
• Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.

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 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 Flamingo cold and chesty cough relief capsules
Keep out of the sight and reach of children. Do not use this medicine after the 'EXP' date shown on the pack. The expiry date refers to the last day of that month. This medicinal product does not require any special storage conditions.

6. Contents of the pack and other information
Active substances- Each capsule contains paracetamol 500 mg, guaifenesin 100 mg and phenylephrine hydrochloride 6.1 mg.
Other ingredients maize starch, croscarmellose sodium, sodium laurilsulfate, povidone K-30, magnesium stearate and purified talc. The capsule shell is made of gelatin and contains colours Brilliant Blue FCF (E 133), Patent Blue V (E 131), iron oxide black (E 172), iron oxide yellow (E 172), gelatin and purified water.

What this medicine looks like and contents of the pack
Flamingo cold and chesty cough relief capsules are size "0" hard gelatin capsules with, blue translucent cap and green translucent body, containing white to off-white granular powder or powder plug. The length of capsule is 21.38 mm.
This medicine is available in child-resistant white opaque aluminium-PVC/PVDC blister packs of 8, 12 and 16 capsules.
Not all pack sizes may be marketed.

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