

# HALEON Cold and Flu Nurse ALL IN ONE 500MG/100MG/6.1MG CAPSULES

Paracetamol, Guaifenesin,  
Phenylephrine Hydrochloride

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

This medicine is available without prescription but you still need to use Haleon Cold and Flu Nurse All in One Capsules carefully to get the best results from them.

- Keep this leaflet you may need to read it again.
- If you have any questions or if there is anything you do not understand ask your pharmacist.

In this leaflet:

1. What Haleon Cold and Flu Nurse All in One Capsules are and what they are used for
2. What you need to know before you take Haleon Cold and Flu Nurse All in One Capsules
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## 1. What Haleon Cold and Flu Nurse All in One Capsules are and what they are used for

Haleon Cold and Flu Nurse All in One 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 Haleon Cold and Flu Nurse All in One Capsules

**X Do not take Haleon Cold and Flu Nurse All in One 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 **phaeochromocytoma 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.

**! Take special care with Haleon Cold and Flu Nurse All in One Capsules.**

This product may cause dizziness. If affected do not drive or operate machinery.

**! 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.

**! If you are taking other medicines**

Talk to your doctor or pharmacist before taking Haleon Cold and Flu Nurse All in One Capsules if you are taking any prescribed medicines; particularly **metoclopramide or domperidone** (for nausea [feeling sick] or vomiting [being sick]), or **ergotamine or methysergide** (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. digoxin) or if you take **blood thinning drugs (anticoagulants** e.g. warfarin).



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**! Pregnancy and breastfeeding**

Talk to your doctor before taking this product if you are pregnant or breastfeeding.

## 3. How to take Haleon Cold and Flu Nurse All in One 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, Haleon Cold and Flu Nurse All in One Capsules can have side effects, but 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.

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.



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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](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 Haleon Cold and Flu Nurse All in One Capsules

Keep out of the sight and reach of children. Do not use this medicine after the 'EXP' date shown on the pack. Do not store above 25°C.

## 6. Contents of the pack and other information

**Active ingredients** Each capsule contains Paracetamol 500 mg, Guaifenesin 100 mg and Phenylephrine Hydrochloride 6.1 mg.

**Other ingredients** Maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate and talc. The capsule shell is made of gelatin and contains the colours quinoline yellow (E 104), indigo carmine (E 132), erythrosine (E 127) and titanium dioxide (E 171).

Pack sizes of 8, 16 and 24 capsules are available. Not all pack sizes may be marketed.

**The marketing authorisation holder** is Haleon UK Trading Limited, The Heights, Weybridge, KT13 0NY, U.K. and all enquiries should be sent to this address.

**The manufacturer** is Haleon Alcala, S.A., Ctra. de Ajalvir, km. 2500 - 28806 Alcala de Henares, Madrid - Spain.

This leaflet was revised in March 2024.

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