



Pholcodine Linctus B.P.

Read all of this leaflet carefully because it contains important information for you.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- This medicine is for minor conditions

Uses: This medicine contains Pholcodine, a cough suppressant. It can be used to relieve dry and tickly coughs that do not produce phlegm or mucus on the chest.

For children, simple treatments should be tried first before you give this medicine. Further information on "**Treating coughs and colds in children**" is provided at the end of this leaflet.

Before you take this medicine

This medicine can be taken by adults and children of 6 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have liver or kidney failure**
- **If you have difficulty breathing**
- **If you have long-term lung problems or an infection** which produces lots of phlegm on the chest
- **If you are taking monoamine oxidase inhibitors** (for depression), or have taken them in the last 14 days
- **If you are taking other cough and cold medicines**
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains sucrose)
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your doctor:

- If you have a long-term cough or asthma (do not take this medicine if you are wheezing or having an asthma attack)
- If you have a cough which produces lots of phlegm

! Talk to your pharmacist or doctor:

- If you have other liver or kidney problems (see "Do not take")
- If you take other medicines
 - Water tablets (diuretics), medicines to treat high blood pressure

- Medicines that may make you sleepy or feel drowsy such as strong painkillers or medicines for epilepsy
- Medicines for depression or other mental health conditions

Other important information

If you are going into hospital for an operation, tell the doctor that you are taking this medicine.

Do not drink alcohol (e.g. wine, beer, spirits) whilst taking this medicine.

This medicine can affect your ability to drive or use machines as it may make you feel sleepy or dizzy.

- Do not drive or use machines while taking this medicine until you are sure you are not affected
- 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

Talk to your doctor or pharmacist if you are not sure whether it is safe for you to drive while taking this medicine.

This medicine contains 3 g of sucrose per 5 ml spoonful. This should be taken into account by people with diabetes.

✓ How to take this medicine

Check the seal is not broken before first use. If it is, do not take the medicine.

Age	How much	How often
Adults and children of 12 years and over	Two 5 ml spoonfuls	3 or 4 times a day, if you need to
Children of 6 to 11 years	One 5 ml spoonful	3 or 4 times a day, if you need to

Swallow this medicine.

Do not give to children under 6 years.

Do not take more than the amount recommended above.

Do not give this medicine to a child for more than 5 days, unless their doctor tells you to.

If you are treating a child and their symptoms worsen at any time, talk to a pharmacist or doctor.

If symptoms do not go away talk to your doctor.

! If you take too much: Talk to a doctor straight away.

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these serious side effects, stop taking medicine. See a doctor at once:

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)

These other effects are less serious. If they bother you talk to a pharmacist:

- Other allergic reactions such as skin rash
- Feeling sick, being sick, constipation
- Feeling drowsy, dizzy, excited or confused
- Phlegm on the chest

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 on this label. 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.

How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the label edge.

What is in this medicine

Each 5ml of oral solution contains Pholcodine 5 mg.

As well as the active ingredient, the solution also contains sucrose, purified water, citric acid, glycerol (E422), sodium benzoate, domiphen bromide.

This bottle contains a colourless to pale yellow solution. A gradual yellowing of the solution on storage is a characteristic of this product.

Who makes this medicine

Manufactured by the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA

Leaflet prepared April 2016

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Treating coughs and colds in children

It's normal for children to get 8 or more colds in a year, however gradually they build up immunity and get fewer colds. Most colds will get better within a few days and you may not need to do more than keep your child comfortable until they get over it. Antibiotics will not help to treat a cold as they are caused by viruses and not bacteria.

Follow these simple steps, which may help your child overcome their cough or cold:

1. If your child is hot or has a fever: Increase the amount of fluid your child normally drinks. Lower their temperature with a Paracetamol or Ibuprofen medicine, which is suitable for children. (Paracetamol is not suitable for children under 2 months. Ibuprofen is not suitable for children under 3 months).

Your pharmacist will be able to help you find a suitable product if in doubt.

2. For coughs: Although it may be distressing to hear your child cough, the coughing itself serves an important purpose. It helps to clear phlegm on the chest or mucus from the nose. Give your child plenty of lukewarm clear fluids to drink, which may help loosen the phlegm and relax the airways.

3. To help with breathing: Plain saline nose drops, available from your pharmacy, can help babies with blocked noses who are having trouble feeding.

Component code

Artwork Reference: BTC222547 C