



RELIEF PLUS
DECONGESTANT
CAPSULES

Acrivastine 8mg & Pseudoephedrine 60mg

- This medicine is used to relieve the symptoms of hay fever and similar allergic conditions.
- This medicine is for use by adults and children aged 12 - 65 years.
- **Do not take this medicine:**
 - There are some people who should not use this medicine. See Section 2 to find out if you are one of them ►
 - If you have ever had a bad reaction to any of the ingredients. See Section 6 for the list of ingredients ►
- **Speak to your doctor:**
 - If you suffer from any of the conditions mentioned in section 2. See Section 2 ►
 - If you are taking any other medicines. See Section 2 ►
- **Follow the dosage instructions carefully.** See Section 3 ►

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

1 What the medicine is for

Benadryl Allergy Relief Plus Decongestant

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Capsules are a medicine which are used to relieve the symptoms of hay fever and similar allergic conditions. The capsules contain pseudoephedrine hydrochloride, which is a decongestant that relieves nasal and sinus congestion and acrivastine which is an antihistamine that helps relieve allergy symptoms such as sneezing, runny nose and watery eyes.

2 Before taking this medicine

This medicine is suitable for most adults under 65 years old and children aged 12 years and over. If you are in any doubt, talk to your doctor or pharmacist.

⊗ Do not take this medicine...

- If you have ever had a **bad reaction** to pseudoephedrine hydrochloride, acrivastine or any of the ingredients (listed in Section 6), or to the antihistamine *triprolidine*.
- If you have **high blood pressure or heart disease**.
- If you are taking *beta blockers* (used to treat **high blood pressure**).
- If you are taking **stimulants** or **appetite suppressants** or **drugs used to treat congestion and asthma** (Sympathomimetic drugs).
- If you have **diabetes**.
- If you have **phaeochromocytoma** (a rare tumour which affects your heart rate and

blood pressure).

- If you have **glaucoma** (increased pressure in the eye).
- If you have an **overactive thyroid gland**.
- If you have severe acute (sudden) or chronic (long-term) kidney disease or kidney failure.
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs) or Reverse Inhibitors of Monoamine Oxidase (RIMAs).
- If you are taking **any cough or cold medicines**.

If any of these apply to you, **get advice from a doctor or pharmacist without taking Benadryl Allergy Relief Plus Decongestant Capsules**.

⚠ Talk to your doctor or pharmacist...

- If you have **kidney** or **severe liver problems**.
- If you are being treated for a **thyroid disorder**.
- If you have difficulty with passing water and/or an enlarged prostate (which may mean you need to pass water more often)
- If you have **alcohol dependence**.
- If you have **blocked arteries or veins** (occlusive vascular disease).
- If you are taking any **other medicines**, including:
 - *Antihypertensives* (drugs to treat **high blood pressure**, such as *guanethidine*, *methyl dopa*, *adrenergic neurone blockers*

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and *beta blockers*, *debrisoquine*, *bretylum* and *betanidine*).

- *Sedatives or tranquillisers* (used to treat **anxiety** or **sleep disorders**).
- *Tricyclic antidepressants* (used to treat **mood disorders**).
- *Anticholinergic drugs* (drugs used to treat **cramps** or **spasms**).
- *Ketoconazole* (an antifungal used to treat **fungal infections**).
- *Erythromycin* (an antibiotic used to treat **bacterial infections**).
- *Moclobemide* (used to treat **mood disorders**).
- *Cardiac glycosides* (drugs used to **control heart rhythms or contractions** such as *digoxin*).
- *Ergot alkaloids* (drugs used to **treat migraine** such as *ergotamine* and *methysergide*).
- *Oxytocin* (drug used to help **contractions** during **childbirth**).

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist**.

If you experience the following, stop taking this medicine immediately and contact your doctor:

- A feverish generalised erythema (redness of skin) associated with pustules. See section 4.
- Sudden severe headaches, nausea,

vomiting, confusion, fits, visual disturbances.

- Sudden abdominal pain or rectal bleeding due to inflammation of the colon (ischaemic colitis). See section 4.
- Sudden loss of vision. Reduction of blood flow to your optic nerve may occur with this medicine. See section 4.

If you are pregnant or breast-feeding

- If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Special warnings about this medicine

- Benadryl Allergy Relief Plus Decongestant Capsules may cause drowsiness and dizziness. Caution should be used when driving or operating machinery. If affected, do not drive, cycle or operate machinery.
- Avoid alcoholic drink and do not drink grapefruit juice while taking this medicine.
- Cases of posterior reversible encephalopathy syndrome (PRES) and reversible cerebral vasoconstriction syndrome (RCVS) have been reported following use of medicines containing pseudoephedrine. PRES and RCVS are rare conditions that can involve reduced blood supply to the brain. Stop using Benadryl Allergy Relief Plus Decongestant Capsules immediately and seek immediate medical assistance if you develop symptoms that may be signs of PRES or RCVS (see section 4 "Possible side effects" for symptoms).

Some of the ingredients can cause problems

- This product contains lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- This medicine contains less than 1 mmol sodium (23mg) per capsule, that is to say essentially "sodium-free".

3 How to take this medicine

Check the table below to see how much medicine to take.

- For oral use only.

Children under 12 years old

This medicine is not recommended for children aged under 12 years old.

Adults and Children 12 - 65 years old

Age	Dose
Adults and children 12 - 65 years old	■ 1 capsule up to 3 times a day
<ul style="list-style-type: none"> ■ Do not give more than 3 doses in 24 hours. ■ If symptoms persist or get worse, stop use and talk to your doctor. 	

Adults over 65 years

This medicine is not recommended for adults aged over 65 years old.

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! If anyone has too much

If anyone has too much contact a doctor or your nearest Accident and Emergency Department (Casualty) taking this leaflet and pack with you.

! If you forget to take the medicine

If you forget to take a dose, take the next dose when needed provided that you only take a maximum of 3 capsules in 24 hours. **Do not** take a double dose.

4 Possible side-effects

Like all medicines, Benadryl Allergy Relief Plus Decongestant Capsules can cause side-effects, although not everybody gets them.

If you experience the following, stop taking this medicine and seek immediate medical help:

- if you develop symptoms, that may be signs of posterior reversible encephalopathy syndrome (PRES) and reversible cerebral vasoconstriction syndrome (RCVS). These include:
 - severe headache with a sudden onset
 - feeling sick
 - vomiting
 - confusion
 - seizures changes in vision
- Reduced blood flow to the heart which can cause angina (discomfort or pain in the chest, neck, back, jaw, shoulders or arms), or heart attack.
- Stroke (weakness of the face, arms or legs, or speech problems).
- Sudden onset of fever, reddening of the skin, or many small pustules (possible symptoms of

Acute Generalized Exanthematous Pustulosis - AGEP) may occur within the first 2 days of treatment with this medicine (See section 2).

- Sudden onset of severe headache, nausea, vomiting, confusion, fits, visual disturbances.
- Allergic reactions including skin rashes such as hives (which may be severe and include blistering and peeling of the skin) and itching.
- Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing.
- Hallucinations or paranoid delusions (seeing or hearing things that are not there, irrational thoughts or feelings).
- Inflammation of the colon due to insufficient blood supply (ischaemic colitis). Symptoms may include sudden abdominal pain or rectal bleeding.
- Sudden loss or reduction of vision which may be due to reduced blood flow to the optic nerve (ischaemic optic neuropathy).

If you experience any of the following, stop taking this medicine and talk to your doctor:

- Trouble passing water (especially in men with prostate problems).

Other effects which may occur include:**Very common (may affect more than 1 in 10 people)**

- Headache or drowsiness.

Common (may affect up to 1 in 10 people)

- Difficulty sleeping, nervousness or dizziness.
- Dry mouth or nausea.

Other effects which may occur but it is unknown how often:

- serious conditions affecting blood vessels in the brain known as posterior reversible encephalopathy syndrome (PRES) and reversible cerebral vasoconstriction syndrome (RCVS).
- A fast or irregular heartbeat or an increased awareness of the heartbeat (palpitations).
- Restlessness or sleep disturbances.
- Anxiety, irritability, feeling jittery or feelings of extreme happiness.
- High blood pressure.
- Vomiting.
- Pain when passing water.
- Tingling or numbness of hands or feet (Pins and needles).
- A tremor or shakiness.

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 Storing this medicine

Store below 25°C.

Keep this medicine dry and store in its original packaging.

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

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Do not use after the end of the month shown as an expiry date on the packaging.

Do not throw away medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6 Further information

What's in this medicine?

The active ingredients in Benadryl Allergy Relief Plus Decongestant Capsules are: 60 mg Pseudoephedrine hydrochloride and 8 mg acrivastine in each capsule.

Other ingredients are: Lactose monohydrate, sodium starch glycollate, magnesium stearate, gelatin, titanium dioxide and patent blue V.

What the medicine looks like

Benadryl Allergy Relief Plus Decongestant Capsules are blue and opaque-white capsules available in blister packs of 12 capsules.

Product Licence holder:

McNeil Products Ltd, 50 -100 Holmers Farm Way, High Wycombe, Buckinghamshire, HP12 4EG, UK.

Manufacturer:

JNTL Consumer Health (France) SAS, Domaine de Maigremont, 27100 Val de Reuil, France.

This leaflet was revised April 2024.

Benadryl is a registered trade mark.

