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Otricaps

Blocked Nose and Sinusitis Relief 300 mg / 25 mg / 5 mg Capsules Paracetamol, Caffeine, 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 Otricaps Blocked Nose and Sinusitis Relief Capsules carefully to get the best results from it.

- 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 Otricaps Blocked Nose and Sinusitis Relief Capsules do
2. Check before you take Otricaps Blocked Nose and Sinusitis Relief Capsules
3. How to take Otricaps Blocked Nose and Sinusitis Relief Capsules
4. Possible side effects
5. How to store Otricaps Blocked Nose and Sinusitis Relief Capsules
6. Further information

1. What Otricaps Blocked Nose and Sinusitis Relief Capsules do

Otricaps Blocked Nose and Sinusitis Relief Capsules are used for the short term relief of the symptoms of flu, colds and chills. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh and sore throat. The medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily. Caffeine acts as a mild stimulant.

2. Check before you take Otricaps Blocked Nose and Sinusitis Relief Capsules

Do not take Otricaps Blocked Nose and Sinusitis Relief Capsules

- if you have ever had an allergic reaction to paracetamol, phenylephrine hydrochloride, caffeine or any of the other ingredients (listed in Section 6)
- if you have kidney or liver problems, overactive thyroid, diabetes, high blood pressure or heart disease
- if you have phaeochromocytoma or glaucoma

- if you are taking tricyclic antidepressants (e.g. imipramine or amitriptyline) or if you are taking or have taken within the last two weeks monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed for depression
- if you are taking beta blockers (e.g. atenolol).

Do not take anything else containing paracetamol while taking this medicine. Do not take with any other flu, cold or decongestant products.

Take special care with Otricaps Blocked Nose and Sinusitis Relief Capsules

- Contains paracetamol. Taking too much paracetamol can cause serious harm to your liver.
- This product may cause dizziness. If affected do not drive or operate machinery.

Ask your doctor before you take this medicine:

- if you have a blood vessel disease such as Raynaud's Phenomenon
- if you have an enlarged prostate
- if you have heart or circulation disease.

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), being sick (vomiting) and loss of appetite.

If you are taking other medicines

Talk to your doctor or pharmacist before taking this medicine if you are taking any prescribed medicines for:

- reducing nausea/ feeling sick or vomiting/ being sick e.g. metoclopramide or domperidone
- relieving migraines e.g. ergotamine or methylsergide
- lowering blood cholesterol e.g. colestyramine
- lowering blood pressure e.g. debriisoquine, guanethidine, reserpine, methyl dopa
- managing depression such as lithium, tricyclic antidepressants e.g. amitriptyline or monoamine oxidase inhibitors e.g. moclobemide, which can reduce or increase appetite.

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- managing **heart problems** e.g. **digoxin** (cardiac glycosides) or **warfarin** and other blood thinning drugs
- **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

Due to the phenylephrine and caffeine content of this product **it should not be used** if you are **pregnant** or **breast feeding** unless advised by a doctor.

Otricaps Blocked Nose and Sinusitis Relief Capsules contain lactose

Ask your doctor before you take this medicine:

- if you have been told by your doctor you have an **intolerance to some sugars**. This medicine contains lactose (a sugar).

3. How to take Otricaps Blocked Nose and Sinusitis Relief Capsules



Adults and children aged 16 years and over: **2 capsules every 4 to 6 hours as required. Do not take more than 12 capsules (6 doses) in any 24 hours. Do not give to children under 16 years.**



If you do not get better, talk to your doctor.

- Do not take more than the recommended dose.
- Always use the lowest effective dose to relieve your symptoms.
- Do not take for more than 7 days without asking your doctor.
- Avoid too much caffeine in drinks like coffee and tea. High caffeine intake can cause difficulty sleeping, shaking and an uncomfortable feeling in the chest.

If you take too many capsules

Seek immediate medical advice 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.

4. Possible side effects

Like all medicines, Otricaps Blocked Nose and Sinusitis Relief Capsules can have side effects, but not everybody gets them. The frequency of these side effects is unknown.

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.
- Very rare cases of serious skin reactions or peeling or fever or mouth ulcers have been reported (such as agranulocytosis).
- Breathing problems. There have been cases of

bronchospasm with paracetamol, but these are more likely in asthmatics sensitive to aspirin or other NSAIDs.

- Unexplained bruising or bleeding or nose bleeds (low blood platelet count).
- Reoccurring fevers or infections.
- Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin (liver dysfunction)
- Visual disturbances. This is more likely in those with glaucoma.
- Increased blood pressure, unusually fast pulse rate or a sensation of an unusually fast or irregular heartbeat.
- Difficulty passing water. This is more likely to occur in men with an enlarged prostate gland.

Other side effects:

- Headaches, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea, nausea or a serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2).

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 Otricaps Blocked Nose and Sinusitis Relief Capsules

Keep out of the sight and reach of children. Store below 25°C. Store in the original package in order to protect from moisture. Do not use this medicine after the EXP date shown on the pack.

6. Further information

Active ingredients Each capsule contains Paracetamol 300 mg, Phenylephrine Hydrochloride 5 mg and Caffeine 25 mg.

Other ingredients Lactose, colloidal silica, magnesium stearate, sodium starch glycolate, sodium lauryl sulphate, red iron oxide (E 172), yellow iron oxide (E 172), titanium dioxide (E 171), gelatin. Packs of Otricaps Blocked Nose and Sinusitis Relief Capsules contain 10 or 16 capsules. Not all pack sizes may be marketed.

The marketing authorisation holder is Haleon UK Trading Limited, The Heights, Weybridge, Surrey, KT13 ONY, U.K.

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

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