HALEON

FLU PLUS CAPLETS

Paracetamol, Phenylephrine, Caffeine

Please read right through this leaflet before you start using this medicine.
This medicine is available without prescription, but you still need to use Beechams Flu-Plus Caplets 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:

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1. What Beechams Flu-Plus Caplets do

Beechams Flu-Plus Caplets provide effective relief from the major cold and flu symptoms. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh, sore throat, fatigue and tiredness. This medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Phenylephrine hydrochloride unblocks your nose and sinuses helping you to breathe more easily. Caffeine is present as a mild stimulant to relieve fatigue and tiredness.

2. Check before you take Beechams Flu-Plus Caplets

Do not take Beechams Flu-Plus Caplets:

- **if you have ever had an allergic reaction** to paracetamol, phenylephrine hydrochloride, caffeine or any of the other ingredients (listed in Section 6). Colour **sunset yellow** (E 110) can cause allergic type reactions including asthma.
- 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 2 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 product.

Take special care with Beechams Flu-Plus Caplets

- **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:
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 Beechams Flu-Plus Caplets if you are taking any prescribed medicines; particularly **metoclopramide** or **domperidone** (for **nausea** [feeling sick or **vomiting** [being sick]); **ergotamine** and **methlysergide** (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). Please inform your doctor or pharmacist if you are taking: **flucloxacillin** (an antibiotic), due to a serious risk of blood and fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2).

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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.

3. How to take Beechams Flu-Plus Caplets

Adults aged 16 years and over, and the elderly:
Two caplets every 4 to 6 hours as required. Do not take more than 8 caplets (4 doses) in any 24 hour period. Do not give to children under 16 years of age.

- **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 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 much

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.

If your symptoms persist, **see your doctor.**

4. Possible side effects

Like all medicines, Beechams Flu-Plus Caplets can have side effects, but not everybody gets them. A small number of people have had side effects.

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 have been reported.**
- **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.**
- Reoccuring **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 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.

These reactions are rare.

The following side effects may occur.
Tell your doctor if you get them.

- Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea, sickness 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 Beechams Flu-Plus Caplets

Keep out of the sight and reach of children.
Do not use this medicine after the 'EXP' date shown on the pack.
Store below 25°C in a dry place.

6. Further information

Active ingredients Each caplet contains Paracetamol 500 mg, Phenylephrine Hydrochloride 5 mg and Caffeine 25 mg.
Other ingredients Starch pregel, maize starch, povidone, potassium sorbate (E 202), sodium laurilsulfate, sunset yellow (E 110), stearic acid, talc, microcrystalline cellulose, hypromellose, macrogol 400, titanium dioxide (E 171) and quinoline yellow lake (E 104).

Packs of Beechams Flu-Plus Caplets contain 8,10,16 and 24 caplets. Not all pack sizes may be marketed.
The marketing authorisation holder is: Haleon UK Trading Limited, The Heights, Weybridge, KT13 0NY, U.K.
The manufacturer is Haleon Ireland Dungarvan Limited, Knockbrack, Co. Waterford, Ireland.
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