



# Eucalyptus Oil

## Important information about Eucalyptus Oil

- This medicine can be inhaled to relieve the symptoms of catarrh.
- It can also be applied to the skin to relieve minor muscular sprains and cramps.
- It can be used on adults and children over 1 year.

### Do not....

- Take by mouth.
- Use on children under 1 year.

**Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.**

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

## 1. What the medicine is for

Eucalyptus Oil is an essential oil which acts as a decongestant for the relief of catarrh and also provides warming relief of minor muscular sprains and cramps.

## 2. Before you use this medicine

### Do not use the medicine if you or your child have....

- An **allergy** to Eucalyptus Oil.
- Or a **child is under 1 year old**.

### **Pregnant or breastfeeding....**

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Eucalyptus Oil should not be used in pregnancy or breastfeeding unless the doctor has told you to do so.

## 3. How to use this medicine

### **Adults, the elderly and children over 1 year**

**Do not swallow.**

**For catarrh** by inhalation.

- Sprinkle a few drops onto a handkerchief and inhale the vapour as required.
- Alternatively, add a few drops to hot water and inhale the steamy vapour as required.

**For sprains and cramps** apply it to the skin.

- Sprinkle a few drops onto your hand and massage into the affected area.

### **Children under 1 year**

**Do not use** for children under 1 year unless your doctor tells you to.

If your symptoms persist you should ask your doctor for advice.

### **If you swallow some**

Accidental swallowing of even small amounts can cause serious illness. Symptoms include burning in the throat and mouth, sickness, muscle weakness, dizziness, pinpoint pupils, rapid heartbeat, suffocation, delirium and convulsions.

If you accidentally swallow some see a doctor immediately. Take the pack with you to show which medicine you have swallowed.

## 4. Possible side effects

Like all medicines, Eucalyptus Oil can have side effects, although these don't affect everyone.

### **Side effects are:**

- Skin reactions such as itching, rashes or eczema may occur.
- Inhalation may trigger hay fever or an asthma attack, if you already have allergies.

If you notice these or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

### **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](http://www.mhra.gov.uk/yellowcard) By reporting side effects you can help provide more information on the safety of this medicine.

**Turn over**   
23703303

## 5. Storing this medicine

- Keep it out of the sight and reach of children.
- Do not store above 25°C.
- Keep the container tightly closed.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

## 6. Further information

### **What is in this medicine**

**The active ingredient is:** eucalyptus oil  
100% w/w.

There are no other ingredients.

### **What the medicine looks like**

Eucalyptus Oil is a clear to pale yellow oil which has a strong odour.

It is supplied in 25ml bottles.

### **Marketing authorisation holder and manufacturer**

L.C.M. Ltd., Huddersfield, HD7 5QH, UK.

**This leaflet was last revised in March 2015**