



# J. Collis Browne's Mixture

(morphine, peppermint oil)

## Important information about J. Collis Browne's Mixture

• This medicine relieves the symptoms of coughs and diarrhoea in adults and children over 12 years.

### Do not take....

- If you have breathing problems.
- Or give to children under 12 years.
- Avoid drinking alcohol while taking this medicine. See section 2.
- Elderly and debilitated patients: ask your doctor for advice, a lower dose might be more suitable.
- Different doses are needed depending on whether you take this medicine for a cough or for diarrhoea. See section 3.

## 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 you notice any side effects not listed in this leaflet please tell your doctor or pharmacist.

## 1. What the medicine is for

J. Collis Browne's Mixture relieves coughs and the symptoms of diarrhoea. The medicine contains morphine which helps calm and reduce the effects of diarrhoea and griping pains. It also contains peppermint oil which calms the stomach and relieves flatulence and griping.

If you have diarrhoea, it is also important to drink plenty of fluids to avoid becoming dehydrated.

## 2. Before you use this medicine

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

- An **allergy** to any of the ingredients listed in section 6, or to menthol.
- **Shallow breath or breathing difficulties.**
- **Heart problems.**
- A **head injury** or **persistent headache.**
- An **asthma** attack.
- Taken **MAOIs (monoamine oxidase inhibitors)** for depression within the last two weeks.
- Liver disease.
- Unconsciousness.
- Epilepsy or fits.
- A **blocked intestine** or inflammation of your colon or rectum.
- Inflammation of the pancreas.
- **Severe abdominal pain.**
- An **addiction to alcohol.**
- **Phaeochromocytoma (a rare tumour of the adrenal glands).**
- Or your child is under 12 years old.



### Talk to your doctor if you or your child have....

- Kidney or liver problems.
- Low blood pressure.
- Shock.
- Myasthenia gravis.
- Prostate problems.
- Problems with your bile system.
- Irregular heartbeat.
- A history of asthma, or lung disease including chronic bronchitis.
- An under active thyroid gland.
- Adrenal gland problems.
- An addiction to drugs such as painkillers or morphine.
- Or are elderly, or weak as you may react differently to this medicine.



### Talk to your doctor or pharmacist if you or your child are taking....

- Any tranquillisers/sedatives (e.g. diazepam, lorazepam).
- Any antidepressants (e.g. MAOIs, SSRIs amitriptyline).
- Any sleeping tablets (e.g. temazepam, promethazine, amobarbital).
- Any medicine for mental illness (e.g. chlorpromazine, haloperidol).
- Any medicine to treat epilepsy (e.g. carbamazepine, phenytoin, gabapentin).
- Medicines used to treat blood clots (e.g. clopidogrel, prasugrel, ticagrelor) as these may have delayed and decreased effect when taken together with morphine
- Medicines to thin the blood (e.g. warfarin).
- Medicines for high blood pressure (e.g. esmolol).
- Alcohol.
- Cimetidine for a stomach ulcer.
- Metoclopramide or domperidone for nausea and vomiting.

- Baclofen a muscle relaxant.
- Sodium oxybate for chronic daytime sleepiness.
- Antibiotics (e.g. rifampicin, ciprofloxacin).
- Antivirals (e.g. ritonavir).
- Antihistamines with sedative effects.

If you are having a general anaesthetic in hospital, tell the doctors if you have taken J. Collis Browne's Mixture as it may affect the anaesthetic.

Concomitant use of this product and sedative medicines such as benzodiazepines or related drugs increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, concomitant use should only be considered when other treatment options are not possible. However if your doctor does prescribe this product together with sedative medicines the dose and duration of concomitant treatment should be limited by your doctor. Please tell your doctor about all sedative medicines you are taking, and follow your doctor's dose recommendation closely. It could be helpful to inform friends or relatives to be aware of the signs and symptoms stated above. Contact your doctor when experiencing such symptoms.



### Pregnant or breastfeeding....

This product should not be used in pregnancy or whilst breastfeeding unless recommended by a doctor.



### Driving and using machines....

This medicine may cause drowsiness. If you are affected do not drive or operate machinery.

The medicine can affect your ability to drive as it may make you sleepy or dizzy.

- Do not drive while taking this medicine until you know how it affects you.
- 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.



### Important information about some of the ingredients

This medicine contains 119mg of alcohol (ethanol) in each 5ml dose which is equivalent to 3% v/v. The amount in 5ml of this medicine is equivalent to less than 3ml of beer and 2ml of wine. The small amount of alcohol in this medicine will not have any noticeable effects.

This medicine contains 585mg sorbitol in each 5ml dose. Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

This medicine contains 5mg benzoic acid in each 5ml dose.

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### 3. How to use this medicine

Take this medicine by mouth.



#### Elderly and debilitated patients

Use with caution; a reduced dose can be recommended by a doctor.



#### For Diarrhoea

##### Adults and children over 12 years

- Take two or three 5ml spoonfuls (10-15ml) every 4 hours up to a maximum of three doses.



#### For coughs

##### Adults and children over 12 years

- Take one or two 5ml spoonfuls (5-10ml) every 4 hours.



#### Children under 12 years

Do not give to children under 12 years.

#### DO NOT TAKE MORE MEDICINE THAN THE LEAFLET TELLS YOU TO.

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



#### If you take too much

If you accidentally take too much, see a doctor straight away. Take the pack with you to show which medicine you have swallowed.



#### If you forget a dose

Take the next dose as soon as you remember. Do not take a double dose. You can then carry on with the normal dose at the correct time.

### 4. Possible side effects

Like all medicines J. Collis Browne's Mixture can have side effects, although these don't affect everyone.

If you notice any of the following side effects you must stop taking this medicine immediately and see a doctor straight away.

#### Important side effects

- Allergic reactions (rash, hives, itching, wheezing).
- Drowsiness or difficulty sleeping.
- Difficulty in breathing.
- Muscle twitching, spasms or muscle rigidity.
- Dizziness or fainting.
- Changes in heart rate or palpitations (awareness of your heartbeat).
- Fits (seizures).
- Change in eyesight e.g. blurred vision, pinpoint pupils, unusual eye movement.
- Confusion, mood changes, feeling restless, excited or agitated. Hallucinations (seeing or hearing things).
- Severe abdominal or back pain, e.g. caused by bile duct problems.

#### Other possible side effects are:

- Feeling sick or being sick.
- Constipation.
- Difficulty in passing urine or reduced amounts of urine when you do urinate.
- Dry mouth, changes in taste.
- Loss of appetite.
- Stomach ache, indigestion.
- Sweating.
- Headache
- A flushed face.
- Signs of swelling or fluid retention.
- Lower or higher blood pressure.
- Low body temperature.

- Tingling or numbness.
- Addiction and dependence.
- Loss of sex drive.
- No menstrual periods.
- Feeling generally unwell.
- An increased sensitivity to pain.

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) 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

- Keep it out of the sight and reach of children.
- There are no special storage conditions for storing this medicine.
- 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 ingredients per 5ml are:

morphine hydrochloride equivalent to 1.0mg anhydrous morphine, peppermint oil 1.5 microlitres.

##### The other ingredients are:

ethanol (alcohol), benzoic acid (E210), capsicum tincture, caramel (E150), menthol, citric acid (E330), hypromellose, sorbitol solution (E420), treacle (containing sucrose and fructose), purified water.

#### What the medicine looks like

J. Collis Browne's Mixture is a dark brown liquid which smells of peppermint and caramel. It is supplied in bottles of 45ml and 100ml.

#### Marketing authorisation holder and manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

#### This leaflet was last revised in October 2020

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