

Care Decongestant Tablets

(pseudoephedrine hydrochloride)

Important information about Care Decongestant Tablets

- This medicine relieves congestion in the nose, sinus and upper chest.
- It can be used by adults, the elderly and children over 12 years.

Do not give....

- To children under 12 years old.
- To anyone who is allergic to the ingredients listed. See section 6.
- With other nasal decongestants including sprays.

Now read all 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

Care Decongestant Tablets are for the relief of nose, sinus and upper chest congestion. The tablets contain pseudoephedrine which works to restrict blood vessels, reduces swelling and production of mucous and so relieves congestion.

2. Before you use this medicine

Do not use the medicine if you have....

- An **allergy** to any of the ingredients listed in section 6.
- Taken **medicine for depression** (monoamine oxidase inhibitors/MAOIs) within the last two weeks.
- Taken other **nasal decongestants** including **sprays**.
- Taken **beta-blockers**.
- Severe **kidney problems**.
- **Heart disease**.
- **Circulation problems**.
- **High blood pressure**.
- **Diabetes**.
- An **overactive thyroid gland**.
- **Glaucoma** (raised pressure inside the eyeball).
- **Phaeochromocytoma** (a rare tumour of the adrenal glands).
- Or you are **pregnant** or **breastfeeding**.
- **Do not give to children under 12 years**.

Talk to your doctor if you have....

- Bladder problems.
- Prostate problems.
- Mild kidney problems.
- Severe liver disease.

If you develop a feverish generalised erythema with pustules, stop taking this medicine and contact your doctor or seek medical attention immediately. See section 4.

Sudden abdominal pain or rectal bleeding may occur with Care Decongestant Tablets, due to inflammation of the colon (ischaemic colitis). If you develop these gastro-intestinal symptoms,

stop taking Care Decongestant Tablets and contact your doctor or seek medical attention immediately. See section 4.

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

- Medicines to reduce your appetite.
- Medicines which stimulate the nervous system, eg. amphetamines (used to treat Narcolepsy and Attention Deficit Hyperactivity Disorder).
- Medicines which lower your blood pressure.
- Medicines for mental illness.
- Antidepressants including moclobemide.
- Beta-blockers for a heart condition.
- Cardiac glycosides (eg. digoxin, digitoxin).
- Rasagiline or Selegiline for Parkinson's disease.
- Ergotamine or methysergide for migraine relief.
- Aproclonidine for glaucoma.
- Quinidine for irregular heartbeat.
- Kaolin and aluminium hydroxide (antacids).
- The antibiotic Furazolidone.
- If you go into hospital, tell the doctor you are using Care Decongestant Tablets as they may affect some hospital medicines and anaesthetics.

Pregnant or breastfeeding....

Care Decongestant Tablets should not be used in pregnancy or when breastfeeding. Ask your doctor or pharmacist for further advice.

Important information about some of the ingredients

- This medicine contains lactose. If you have been told by your doctor that you have an

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intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to use this medicine

Take this medicine by mouth. Do not exceed the stated dose.

Adults, the elderly and children over 12 years

- Take one tablet four times a day.

Children under 12 years

Do not give to children under 12 years.

If you forget a dose:

Take the next dose as soon as you remember. Do not take a double dose to make up for the one you missed.

If you take too many

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

4. Possible side effects

Like all medicines, Care Decongestant Tablets can have side effects, although these don't affect everyone. The frequencies of these are unknown.

Important side effects:

Stop using this medicine if you develop these symptoms and contact your doctor or seek medical attention immediately.

- Allergic reactions which may cause difficulty in breathing, fever, swelling of the mouth, lips or skin, severe rashes, itching or stomach pain.
- 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.

- Inflammation of the colon due to insufficient blood supply (ischaemic colitis).

Other possible side effects are:

- Hallucinations.
- Restlessness.
- Unable to sleep or disturbed sleep.
- Feeling sick or being sick.
- Headache.
- Skin rashes, lumps and red skin patches.
- Feeling anxious, irritable or excited.
- Glaucoma (raised pressure in the eyeball).
- Difficulty passing urine.
- Abnormal or rapid heartbeat.
- Palpitations.
- High blood pressure.
- Poor circulation e.g. cold feet or hands.
- Trembling.
- Dry mouth.
- Rarely, mental disorders.

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 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.
- Store in a cool dry place.
- Protect from light.
- 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 per tablet is: pseudoephedrine hydrochloride 60mg.

The other ingredients are: lactose, microcrystalline cellulose, magnesium stearate.

What the medicine looks like

Care Decongestant Tablets are curved white tablets embossed with "60" on one side. They are supplied in blister packs of 12.

Marketing authorisation holder

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

Manufacturer

Custom Pharmaceuticals Ltd., Conway Street, Hove, East Sussex, BN3 3LW.

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