PACKAGING LEAFLET: INFORMATION FOR THE USER

Lemsip Max All in One Cold & Flu Capsules
Paracetamol, Guaifenesin and Phenylephrine Hydrochloride

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take this medicine carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact your doctor if your symptoms worsen or do not improve after 5 days.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this Leaflet:
1. What this medicine is and what it is used for
2. What you need to know before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Contents of the pack and other information

1. What this medicine is and what it is used for
Capsules for oral use.
This Medicine is a combination of active ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion, lowering of temperature and chesty cough.
Paracetamol is a well known painkiller (analgesic). It is effective against aches and pains including headache and can also reduce a fever (antipyretic). Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough. Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing pressure which may cause a headache.

2. What you need to know before you take this medicine

Do not take this medicine if:
- You are allergic to paracetamol, guaifenesin, phenylephrine hydrochloride or any of the other ingredients listed in section 6.
- You have a serious heart condition or an overactive thyroid.
- You have a high blood pressure (hypertension).
- You are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), usually to treat depression.
- You have an enlarged prostate; phaeochromocytoma; diabetes mellitus; or closed-angle glaucoma.
- You are taking other decongestant medications.

Warnings and precautions
Talk to your doctor or pharmacist before taking Lemsip Max All in One Cold & Flu Capsules if:
- You suffer from liver or kidney problems or heart disease.
- You suffer from Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb).
- You have non-cirrhotic (liver disease that is not associated with changes to the structure of the liver) liver disease.
- You are suffering from porphyria (a rare blood disease).
- You experience persistent or chronic cough, or if you are using any other cough suppressants.

During treatment with this medicine, tell your doctor straight away if:
You have 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) and being sick (vomiting).

This medicine contains less than 1mmol sodium (23mg) per capsule, that is to say essentially "sodium free".

Other Medicines and Lemsip Max All in One Cold & Flu Capsules:
- Do not take with any other paracetamol-containing products.
- Do not take with any other product used for relief of cold, flu or congestion.

If you are taking any of the following medicines, talk to your doctor or pharmacist before taking Lemsip Max All in One Cold & Flu Capsules:
- Beta-blockers for high blood pressure, other antihypertensives or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome).
- Tricyclic anti-depressants (a specific class of drugs used to treat depression); other decongestants, or barbiturates (used to treat sleep problems or epilepsy).
- Other medicines some drugs may affect the way paracetamol works, including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone). Some drugs may affect the way in which phenylephrine works (MAOIs, other sympathomimetic amines, antihypertensives, tricyclic antidepressants, digoxin and cardiac glycosides).
- The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol.
- Flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called high anion gap metabolic acidosis) that must have urgent treatment (see section 2).
- Medicines used to treat epilepsy (phenytoin and carbamazepine), medicines used to treat sleeping problems (barbiturates such as pentobarbital, phenobarbital), as they may increase side effects on liver.
- Isoniazid (medicine used to treat tuberculosis), it may increase side effects of paracetamol.
- Oxytocin (medicine used to help contractions during childbirth) and ergot alkaloids (medicines used to treat migraine such as ergotamine, methylsergide), they may increase the risk of brain stroke (stroke caused by bleeding inside the brain).

Taking this medicine with food and drink:
- Do not take with large quantities of alcohol.

Pregnancy and breast-feeding:
This product should not be used in women with a history of pre-eclampsia. If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

3. How to take this Medicine

The capsule should be swallowed whole with water. Do not chew.
It is important to drink plenty of liquid when suffering from colds and flu.

Adults, the elderly and children 16 years and over: Take 2 capsules every 4 to 6 hours as required.
Do not take more than 8 capsules (4 doses) in 24 hours.

Do not give to children under 16 years of age.

If symptoms persist for more than five days, or worsen, consult your doctor.

If you take more of this medicine than you should:
Talk to a doctor at once 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. You may experience symptoms of dizziness, palpitations (irregular or forceful heartbeat), stomach pain or high blood pressure with headache, unhealthy pale appearance (palor), feeling sick (nausea) or vomiting if you take too much of this medicine. Severe poisoning can cause problems with the blood's ability to clot.

If you forget to take this medicine:
This product should only be used when necessary.
Do not take a double dosage to make up for a forgotten dose.
If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible Side Effects.

Like all medicines this product can cause side effects, although not everybody gets them.
Very rare (fewer than 1 in 10,000 patients treated)
- Cases of serious skin reactions have been reported.

Frequency not known
- Allergic reactions (such as skin rashes).
- Blood disorders, such as, thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), leucopoenia, pancytopenia (reduction in white and red blood cells), neutropenia and agranulocytosis (reduction in white blood cells which make infection more likely).
- A serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2).
- Headaches, high blood pressure or palpitations.
- Nausea and vomiting.
- Abdominal discomfort and diarrhoea.
- Difficulty in passing urine (especially in males).

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. How to store this medicine

Do not store above 25°C.
Keep out of the sight and reach of children.
Do not use this medicine after the expiry date which is stated on the carton and blister after EXP.
The expiry date refers to the last day of that month.
Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect environment.

6. Contents of the pack and other information

What this medicine contains:
- The active ingredients per capsule are: paracetamol 500mg, guaifenesin 100mg and phenylephrine hydrochloride 6.1mg.
- The other ingredients are: maize, starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc, gelatin, titanium dioxide (E171), yellow and red oxide (E172), brilliant blue – FD&C blue I (E133) and shellac (E904).

What the medicine looks like and the content of the pack:
The product is a hard gelatin capsule with a green body and a red cap with Lemsip printed on the cap.
The product is available in carton of 8 and 16 capsules.

Important: This product uses a thicker child-resistant foil. Press firmly to release capsules and avoid sharp objects or excessive force to prevent damage.

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