

Day Nurse



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Paracetamol, Pseudoephedrine, Pholcodine

Please read right through this leaflet before you start using this medicine.

This medicine is available without prescription, but you still need to use Day Nurse carefully to get the best results from it.

- Keep this leaflet you may need to read it again.
- If you have any further questions, ask your pharmacist.

In this leaflet:

1. What Day Nurse does
2. Check before you take Day Nurse
3. How to take Day Nurse
4. Possible side effects
5. How to store Day Nurse
6. Further information

1. What Day Nurse does

Day Nurse is used for the day-time relief of the major symptoms of colds, chills and flu.

The medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Pseudoephedrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily. Pholcodine is a cough suppressant that helps relieve dry or tickly coughs. Day Nurse also helps relieve a sore throat.

2. Check before you take Day Nurse



Do not take Day Nurse:

- if you have ever had an allergic reaction to paracetamol, pseudoephedrine hydrochloride, pholcodine or any of the other ingredients (listed in Section 6)
- if you have ever developed a severe skin rash or skin that peels, blisters or sores in the mouth after taking Day Nurse

- if you have high blood pressure or heart disease
- if you have kidney disease or hyperexcitability
- if you have difficulty breathing or lung problems
- if you are taking appetite suppressants or stimulant drugs called amphetamines (sometimes used to treat ADHD)
- if you have taken monoamine oxidase inhibitors (MAOIs) prescribed for depression in the last two weeks
- sudden abdominal pain or rectal bleeding may occur with Day Nurse, due to inflammation of the colon (ischaemic colitis). If you develop these gastro-intestinal symptoms, stop taking Day Nurse and contact your doctor or seek medical attention immediately. See section 4
- if you are taking antibiotics called linezolid.

Do not take with any other paracetamol-containing products.

Do not take with any other flu, cold or decongestant product.



Take special care with Day Nurse:

- Do not drive if the medicine makes you dizzy
- Avoid drinking alcohol whilst taking this medicine
- If you are taking tricyclic antidepressants
- Day Nurse contains 5% v/v ethanol (alcohol). i.e. up to 1.2g per dose, equivalent to 30 ml beer, 12.5 ml wine. This could be harmful if you suffer from alcoholism. This should also be considered if you are pregnant or breast-feeding, in children and high-risk groups such as patients with liver disease or epilepsy
- The pseudoephedrine content in this product may induce a positive reaction during anti-doping control tests.

If you develop any of the below symptoms, stop taking Day Nurse and contact your doctor or seek medical attention immediately (see section 4):

- If you develop fever, associated with generalised reddening of the skin and/ or pustules
- reduction of blood flow to the optic nerve
- serious skin reactions, including acute generalized exanthematous pustulosis (AGEP), have been reported with the use of Day Nurse. AGEP is a generalized, red, scaly rash with bumps under the skin and vesicles associated with a fever. It is most commonly located on the folds of the skin, the trunk and the upper limbs. The highest risk of serious skin reactions occurrence is especially during the first week of treatment.

Stop using this product and seek immediate medical attention if you experience:

- Sudden abdominal pain or blood in your stools
- Sudden severe headache accompanied by nausea, vomiting or a disturbance in vision
- One of the excipients of this medicine (Riboflavin 101) may cause your urine to turn bright yellow/orange. If this continues even after stopping taking this medicine, you should contact your doctor.



Ask your doctor before you take this medicine:

- if you have liver problems
- if you have asthma, long term cough or a cough which produces a lot of phlegm

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- if you have an **overactive thyroid gland, prostate gland enlargement, an irregular heartbeat, glaucoma, diabetes, psychosis or pheochromocytoma** (tumour of the adrenal gland)
- if you have been told by your doctor that you have an **intolerance to some sugars**
- if you are on a **controlled sodium diet**. Each 30 ml dose contains **29 mg of sodium**
- if you are due to have an **operation**
- if you are **skinny, underweight** or regularly **drink alcohol**
- if you are **taking medicines to treat migraine** e.g. medicines called ergot alkaloids
- if you have a history of **drug abuse**; pholcodine is an opioid and addiction is observed with opioids as a class.



If you are taking other medicines

Please talk to your doctor or pharmacist before taking this medicine if you are taking any prescribed medicines; particularly **digoxin** (for **heart problems**); **metoclopramide** or **domperidone** (for **nausea or vomiting**); **colestyramine** (to **lower blood cholesterol**); medicines for **high blood pressure**; **blood thinning drugs** (anticoagulants e.g. **warfarin**); medicines which make you **drowsy**; medicines for **anxiety** or to **help you sleep**.



Pregnancy and breast feeding

Do not take Day Nurse if you are pregnant or breast-feeding unless your doctor tells you to.

3. How to take Day Nurse



For oral use only.

It is important to **shake the bottle** for at least 10 seconds before use. Always use the measuring cup provided.



Adults and children aged 16 years and over: **Fill the measuring cup to the 30 ml mark. Take one 30 ml dose every 4 hours as needed.**



- Take a maximum of **4 doses (120ml)** in any 24 hours.
- Allow at least **4 hours** between doses.
- **Do not take more than 3 doses (90ml) in any 24 hours if you are taking a night-time dose of a paracetamol-containing product at bedtime.**
- Always use the **lowest effective amount** to relieve your symptoms.
- **Do not take for more than 7 days.**
- **Do not take more medicine than the leaflet tells you to.**
- **Do not take if you are under 16 years.**

If you take too much

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.

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

4. Possible side effects

Like all medicines Day Nurse can have side effects, but not everyone gets them.

The following effects may occur:

- Nervousness, difficulty sleeping
- Nausea and vomiting
- Dizziness

- Dry mouth may occasionally occur
- Hallucinations (particularly in children) have been reported rarely
- Nightmares, agitation, anxiety, tremor, sweating and restlessness.

Stop taking this medicine and tell your doctor immediately if you experience:

- **Allergic reactions** such as **skin rash**, itching sometimes with breathing problems or swelling of the lips, tongue, throat or face. **Very rare cases of serious skin reactions have been reported.**
- **Difficulty passing urine**. This is more likely to occur if you have an **enlarged prostate gland**
- **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 and aspirin)
- **Unexplained bruising and bleeding**
- **Sudden weight loss, loss of appetite or yellowing of the skin and eyes.**
- **Inflammation of the colon** due to insufficient blood supply (ischaemic colitis)
- **Blurred vision**
- **Headache, ringing in the ears, irritability or shaking**
- **Rapid heart rate or palpitations**
- **Diarrhoea, constipation or stomach pain**
- **Inability to cough up excess phlegm on the chest**
- **Sudden severe headache**
- **Sudden onset of fever, reddening of the skin, or many small pustules** (possible symptoms of Acute Generalized Exanthematous Pustulosis - AGEP). This may occur within the first 2 days of treatment with Day Nurse. See section 2
- **Reduced blood flow** to the **optic nerve** (ischaemic optic neuropathy)
- **Generalized rash, red and scaly with bumps under the skin** and vesicles associated with **fever** at the beginning of treatment (generalized acute exanthematous pustulosis).

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 Day Nurse

Keep out of the sight and reach of children.

Do not take this medicine after the 'EXP' date shown on the pack.

Do not store above 25°C.

6. Further information

Active ingredients Each 30 ml of medicine contains: Paracetamol 1000 mg, Pseudoephedrine Hydrochloride 60 mg and Pholcodine 10 mg.

Other ingredients Glycerol (E 422), propylene glycol, sucrose, purified water, ethanol, glucose, citric acid (E 330), sodium citrate, sodium benzoate (E 211), acesulfame K, colour (E 101a) and flavours (peach, pear, drop, levo menthol, lime).

Glycerol may cause headache, upset stomach and diarrhoea.

This bottle contains 240 ml.

The marketing authorisation holder is GlaxoSmithKline Consumer Healthcare (UK) Trading Limited, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.

The manufacturer is Farmaclair, 440 Avenue du Général de Gaulle, 14200 Herouville Saint Clair, France.

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