Information for the user

Dry Cough Syrup 6 Years Plus
(Pholcodine)

Read all of this leaflet carefully because it contains important information for you.
This medicine is available without prescription to treat minor conditions. However, you still
need to give it 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
- The leaflet is written in terms of giving this medicine to your child, but if you are an adult who
  is intending to take this medicine yourself the information in this leaflet will apply to you as
  well

What this medicine is for
This medicine contains Pholcodine which belongs to a group of medicines called cough
suppressants, which act to reduce coughing.
It can be used to relieve dry and tickly coughs. Dry coughs do not produce phlegm or mucus
on the chest. Simple treatments should be tried first before you give this medicine. Further
information on “Treating coughs and colds in children” is provided at the end of this
leaflet.

Before you take this medicine
This medicine can be given to children from the age of 6 years. However, some children
should not be given this medicine or you should seek the advice of their pharmacist or doctor
first.

X Do not give:
- If your child is under 6 years
- If your child is allergic to any of the ingredients in this medicine (see “What is in this
  medicine”)
- If your child has liver or kidney failure
- If your child has difficulty breathing
- If your child has long-term lung problems or an infection which produces lots of phlegm
  on the chest
- If you are giving your child monoamine oxidase inhibitors (for depression), or have
given them in the last 14 days
- If you are giving your child any other cough and cold medicines
- If your child has an intolerance to some sugars, unless their doctor tells you to (this
  medicine contains maltitol liquid)

! Talk to your doctor:
- If your child has a long-term cough or asthma (do not give this medicine to your child if they
  are wheezing or if they are having an asthma attack)
- If your child has a cough which produces lots of phlegm

! Talk to your pharmacist or doctor:
- If your child has other liver or kidney problems (see “Do not give”)
Other important information
If your child goes into hospital for an operation, tell the doctor that you are giving this medicine.

**Information for people with diabetes:** This medicine contains 1.6 g of maltitol per 5 ml spoonful. This provides 4 kcal per 5 ml spoonful.

**Information for adults intending to take this medicine**
All of the information in this leaflet will apply to you as well.

**Driving and using machines:** This medicine can affect your ability to drive or use machines as it may make you feel sleepy or dizzy.
- Do not drive or use machines while taking this medicine until you are sure you are not affected
- 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 you 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.

**Do not drink alcohol** (wine, beer, spirits) whilst taking this medicine. Alcohol increases the risk of side effects occurring and may make you feel more drowsy.

**Pregnancy and breastfeeding:** Do not take this medicine, unless your doctor tells you to.

**If your child takes other medicines**
Before you give this medicine, make sure that you tell your pharmacist about ANY other medicines you might be giving your child at the same time, particularly the following:
- Water tablets (diuretics) and medicines to treat high blood pressure
- Medicines that may make your child sleepy or feel drowsy such as strong painkillers or medicines for epilepsy
- Medicines for depression or other mental health conditions

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for child, including herbal and homeopathic remedies.

**How to give this medicine**
Check the seal is not broken before first use. If it is, do not give the medicine.
Use the measuring spoon provided (the small end measures 2.5 ml and the big end measures 5 ml).

<table>
<thead>
<tr>
<th>Age</th>
<th>How much to give</th>
<th>How often to give</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children of 6 to 12 years</td>
<td>Two 5 ml spoonfuls</td>
<td>3 times a day. <strong>Don't give more than six 5 ml spoonfuls in 24 hours.</strong></td>
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</tbody>
</table>

Give this medicine to your child to swallow.
Do not give to children under 6 years.
Do not give more than the amount recommended above.
Do not give this medicine for more than 5 days, unless your child’s doctor tells you to.
If your child’s symptoms worsen at any time, talk to a pharmacist or doctor. If your child’s symptoms do not go away, talk to your child’s doctor.

! **If you give too much:** Talk to a doctor straight away.

### Possible side effects
Most people will not have problems, but some may get some.

! **If your child gets any of these serious side effects, stop giving the medicine. See a doctor at once:**
- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)

**If your child gets any of the following side effects see your pharmacist or doctor.**
- Other allergic reactions such as skin rash
- Feeling sick, being sick, constipation
- Feeling drowsy, dizzy, excited or confused
- Phlegm on the chest

### 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.

### How to store this medicine
Do not store above 30°C.
Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.
Use by the date on the bottle label or the end flap of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

### What is in this medicine
Each 5 ml of syrup contains Pholcodine 2 mg, which is the active ingredient.
As well as the active ingredient, the syrup also contains purified water, maltitol liquid (E965), glycerol (E422), citric acid, sodium citrate, hyetellose, sodium benzoate (E211), acesulfame potassium, flavours (blackcurrant, vanilla).
The pack contains 100 ml of colourless blackcurrant flavoured syrup.

### Who makes this medicine
Manufactured by the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA
Leaflet prepared May 2015
If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

### Treating coughs and colds in children
It’s normal for children to get 8 or more colds in a year, however gradually they build up immunity and get fewer colds. Most colds will get better within a few days and you may not need to do more than keep your child comfortable until they get over it. Antibiotics will not help to treat a cold as they are caused by viruses and not bacteria.
Follow these simple steps, which may help your child overcome their cough or cold:

**1. If your child is hot or has a fever:** Increase the amount of fluid your child normally drinks. Lower their temperature with a Paracetamol or Ibuprofen medicine, which is suitable
for children. (Paracetamol is not suitable for children under 2 months. Ibuprofen is not suitable for children under 3 months). Your pharmacist will be able to help you find a suitable product if in doubt.

2. For coughs: Although it may be distressing to hear your child cough, the coughing itself serves an important purpose. It helps to clear phlegm on the chest or mucus from the nose. Give your child plenty of lukewarm clear fluids to drink, which may help loosen the phlegm and relax the airways.

3. To help with breathing: Plain saline nose drops, available from your pharmacy, can help babies with blocked noses who are having trouble feeding.

Other formats
To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:
Product name: Boots Dry Cough Syrup 6 Years Plus
Reference number: 00014/0523

This is a service provided by the Royal National Institute of Blind People.
Component code