
Information for the user

Boots Cold & Flu Relief With Decongestant Powder (Paracetamol, Phenylephrine Hydrochloride)

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 take 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

What this medicine is for

This medicine contains Paracetamol and Phenylephrine Hydrochloride. Paracetamol is a pain killer which also helps to reduce fever. Phenylephrine Hydrochloride is a decongestant which helps relieve a blocked nose.

It can be used to relieve the symptoms of cold and flu, including headache, sore throat, sinus pain and congestion and to reduce a fever.

Before you take this medicine

This medicine can be taken by adults and children aged 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have** heart or blood vessel disease
- **If you have high blood pressure**, including that due to a tumour near your kidneys
- **If you have an overactive thyroid**
- **If you are taking monoamine oxidase inhibitors** (for depression), or have taken them in the last 14 days
- **If you have phenylketonuria** (this medicine contains aspartame, a source of phenylalanine)
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains sucrose)
- **If you are a man with prostate problems**
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you have other heart problems, including angina or have had a heart attack or stroke
- If you have liver problems (including a disease caused by drinking alcohol) or alcohol dependence
- If you have kidney problems
- If you have diabetes
- If you are on a low salt (sodium) diet (each sachet contains 122 mg of sodium, which may be harmful to you)
- If you have asthma and have ever had a bad reaction after taking aspirin or any other non steroidal anti-inflammatory medicines (you may have had worsening of asthma, swelling of the lips or face, itchy skin, runny nose)

Other important information

Driving and using machines: This medicine may cause dizziness. You should not drive or

use machines until you are sure you are not affected.

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine.

If you take other medicines

! This medicine contains paracetamol.

Do not take with any other paracetamol-containing products.

Before you take these sachets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Domperidone or metoclopramide for feeling sick or being sick (may increase the pain relief effect of paracetamol)
- Colestyramine for reducing blood fat levels (may reduce the pain relief effect of paracetamol)
- Warfarin or other blood thinners – if you take warfarin you can take occasional amounts of this medicine but talk to your doctor first before you take it on a regular basis
- Anticonvulsants (for epilepsy)
- Contraceptive tablets
- Isoniazid (for bacterial infections)
- Diflunisal (for pain relief)
- Probenecid (for gout)
- Tricyclic antidepressants
- Atropine (for muscle spasm in the stomach)
- Guanethidine (for emergency treatment of very high blood pressure)
- Ergot alkaloids (for migraine)
- Oxytocin (used to induce labour in pregnant women)
- Other decongestants (these medicines may increase your blood pressure whilst taking these sachets)
- Medicines to treat asthma

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 yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the sachet is not broken before use. If it is, do not take that sachet.

Dissolve the contents of each sachet in a cupful of hot, but not boiling, water and drink.

Age	How many	How often
Adults and children of 12 years and over	One sachet dissolved in water	Every 4 hours, if you need to, up to 4 times a day. Don't take more than 4 sachets in 24 hours.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If symptoms do not go away, talk to your doctor.

- ! If you take too many sachets:** Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these serious side effects, stop taking the sachets. See a doctor at once:

- Difficulty in breathing, tight chest, wheezing, runny nose, swelling of the face, neck, tongue or throat (severe allergic reactions)

These other effects are less serious. If they bother you talk to a pharmacist:

- Other allergic reactions (e.g. skin rash)
- Being sick, headache, dizziness – do not drive or use machines if you feel dizzy
- Fast heart rate, slow heart rate, raised blood pressure
- Difficulty in passing urine and emptying the bladder
- Unusual bruising, or infections such as sore throat – this may be due to very rare changes in the blood

If you take this medicine every day for a long time you may also get:

- Kidney problems

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

How to store this medicine

Store below 25°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 end flap of the carton.

What is in this medicine

Each sachet of powder for oral solution contains Paracetamol 650 mg, Phenylephrine Hydrochloride 10 mg, which are the active ingredients.

As well as the active ingredients, the sachets also contain sucrose, sodium citrate, citric acid, tartaric acid, maize starch, lemon juice, ascorbic acid, aspartame (E951), natural colour (E100), lemon flavour.

The pack contains 10 sachets containing a powder.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by CP Pharmaceuticals Ltd Ash Road North Wrexham LL13 9UF. Marketing Authorisation held by Wockhardt UK Ltd Ash Road North Wrexham LL13 9UF

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

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 Cold and Flu Relief With Decongestant Powder

Reference number: 29831/0168

This is a service provided by the Royal National Institute for blind people.