



Paracetamol 500 mg
Diphenhydramine hydrochloride 12.5 mg
Pseudoephedrine hydrochloride 22.5 mg

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 Benylin 4 Flu tablets 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 a doctor if your symptoms worsen or do not improve.
- If any of the side effects get serious or if you notice any side effects not listed in this leaflet, please consult your doctor or pharmacist.

In this leaflet

- What Benylin 4 Flu tablets are and what they are used for.
- Before you take Benylin 4 Flu tablets.
- How to take Benylin 4 Flu tablets.
- Possible side effects.
- How to store Benylin 4 Flu tablets.
- Further information.

1 What are Benylin 4 Flu tablets and what are they used for

Benylin 4 Flu Tablets are used to help relieve cold and flu symptoms. The tablets contain paracetamol which helps to relieve aches and pains and fever (high temperature), diphenhydramine, which is an antihistamine that helps relieve coughing, sneezing and runny nose and pseudoephedrine, which is a decongestant that helps unblock stuffy noses.

The medicine is for use in adults and children aged 6 years and over.

2 Before taking Benylin 4 Flu tablets

This medicine is suitable for most people, but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

X Do not use this medicine...

- If you are taking any other medicines containing **paracetamol**.
- If you have ever had an **allergic (hypersensitivity) reaction** to any of the ingredients.
- If you have **heart disease** or **high blood pressure**.
- If you have **diabetes**.
- If you have an **overactive thyroid**.
- If you have **phaeochromocytoma** (rare tumour which affects your heart rate and blood pressure).
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs) or Reversible Inhibitors of Monoamine Oxidase (RIMAs).
- If you **suffer from or have had closed angle glaucoma** (increased pressure in the eye).
- If you are taking **beta blockers** (used to treat high blood pressure).
- For a child under **6 years of age**.
- If you are taking any **other cough and cold medicine**.
- If you have **severe kidney problems**.

If any of these apply to you now or in the past, **get advice from a doctor or pharmacist without using Benylin Film-Coated Tablets.**

! Talk to your doctor or pharmacist...

- If you have **liver or kidney problems**.
- If you have **difficulty passing water** (urinary retention).
- If you have an **enlarged prostate**.
- If you have **blocked arteries or veins** (occlusive vascular disease).
- If you have a **persistent cough** such as occurs with **asthma**, have **asthma**, are suffering from an **asthma attack** or a **cough that produces a lot of mucus (phlegm)**.

! Taking other medicines

- If you are taking any **other medicines** including:
 - Antimuscarinic** drugs e.g.:
 - tricyclic antidepressants** (drugs to treat **mood disorders**).
 - atropine** (used to treat some **eye conditions** and occasionally **bowel conditions**).

- CNS depressants e.g.:
 - hypnotics (sleeping tablets)** including barbiturates).
 - minor tranquillisers** (drugs used to **relax muscles** or **decrease anxiety**).
 - opioid analgesics** (drugs used to **relieve pain** e.g. codeine, tramadol, morphine).
 - antipsychotics** (drugs used to treat **mood disorders**).
- Antihypertensives** (drugs used to treat **high blood pressure** including alpha and beta blockers).
- sympathomimetic drugs** (stimulants or appetite suppressants and drugs used to treat **congestion and asthma**).
- maclobemide** (used to treat **mood disorders**).
- Cardiac glycosides** (drugs used to **control heart rhythms or contractions**) e.g. digoxin.
- Ergot alkaloids** (drugs used to **treat migraine** such as ergotamine and methysergide).
- Oxytocin** (drug used to help contractions during childbirth).
- oral contraceptives** ("the pill").
- metoclopramide or domperidone** (used to treat **nausea and vomiting**).
- colestyramine** (used to treat **high cholesterol**).
- anticoagulants** (drugs that **thin the blood**, such as warfarin).
- anticonvulsants** (drugs to treat **epilepsy**).

If you are not sure about the medicine you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply, **talk to a doctor or pharmacist.**

! Pregnancy and breast feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you might be pregnant or are breast-feeding.

! Take special care with Benylin 4 Flu tablets

- You can use this medicine while you are taking oral contraceptives ("the pill") or anticonvulsants (drugs used to treat epilepsy), but the medicine may not work so well on your pain or fever.
- There is a greater risk of overdose in patients with alcoholic liver disease

! Driving and using machines

- This medicine may cause drowsiness. If affected, do not drive or operate machinery. Avoid alcoholic drink.
- This product may cause drowsiness. It should **NOT** be used to sedate a child. **turn over**



Important information about some of the ingredients of Benylin 4 Flu tablets

- This medicine contains Sunset yellow (E110). This may cause allergic reactions.
- This medicine contains 1.2 mg sodium per tablet. To be taken into consideration by patients on a controlled sodium diet.

3 How to take this medicine

Check the tables below to see how much medicine to take.

- For oral use only.
- Do not take more than the stated dose shown below.

Children under 6 years
This medicine is not recommended for children under 6 years old.

Adults and children aged 6 years and over

Age	Dose
Adults and children aged 12 years and over	Take two tablets, up to 4 times a day
Children 6 – 12 years	Take one tablet, up to 4 times a day

- Leave at least 4 hours between doses.
- Do not take more than 4 times a day.
- If symptoms persist or worsen, talk to your doctor or pharmacist.
- Do not give to a child under 12 years of age for more than 5 days without consulting your doctor.

! If anyone has too much
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.

! If you forget to take the medicine
You should only take this medicine as required following the dosage instructions above carefully. If you forget to take a dose, take the next dose when needed provided that the last dose was taken at least 4 hours ago. **Do not** take a double dose.

4 Possible side-effects

Benylin Film-Coated Tablets can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience any of the following stop using the medicine and seek immediate help:

- Allergic reactions including skin rashes (which may be severe and include blistering and peeling of the skin) and itching.
- Allergic reactions to other medicines containing **sympathomimetic drugs** (stimulants or appetite suppressants and drugs used to treat congestion and asthma).
- Becoming unusually tired, unexpected bruising or bleeding and getting more infections (such as colds) than usual. These are very rare effects in people taking paracetamol.
- Hallucinations and paranoid delusions.
- Rarely people can experience fits.
- Rarely abnormal blood test results for liver function.
- An abnormal decrease in the number of platelets in the blood.
- High fever and/or a sharp drop in level of white blood cells.

If you experience any of the following, stop using the medicine and talk to your doctor:

- Rarely people can have an increased heartbeat, an increased awareness of the heartbeat (palpitations) and high blood pressure.
- Restlessness and sleep disturbances.

Other effects that may occur include:

- Irritability, anxiety, excitability, nausea and vomiting.
- Commonly: drowsiness, including some difficulty performing tasks, headache, upset stomach, difficulty in passing urine, stimulation, blurred vision, dry mouth, thickened mucus.
- Rarely: low blood pressure, tremor, shakiness, slurred speech, dizziness, confusion and depression.

If you experience any side-effects not included in this leaflet, or are not sure about anything, **talk to your doctor or pharmacist.**

5 How to store Benylin 4 Flu tablets

Do not store this product above 25°C. Store in the original packaging. Keep the container in the outer carton. Keep the product out of the reach and sight of children. Do not use your medicine after the date shown as an expiry date on the packaging. The expiry date refers to the last day of the 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 to protect the environment.

6 Further information

What's in this medicine?

The active ingredients in Benylin Film-Coated Tablets are: 500 mg Paracetamol, 22.5 mg Pseudoephedrine hydrochloride, 12.5 mg Diphenhydramine hydrochloride.

Other ingredients are: Microcrystalline cellulose, pregelatinised maize starch, povidone, crospovidone, macrogol 6000, croscarmellose sodium, stearic acid, magnesium stearate, hypromellose, titanium dioxide (E171), quinoline yellow (E104), sunset yellow (E110) and talc.

What the medicine looks like

Benylin Film-Coated Tablets are orange film coated tablets, available in packs of 24.

Marketing Authorisation holder: McNeil Healthcare (Ireland) Limited, Airtown Road, Tallaght, Dublin 24, Ireland.

Manufacturer: Janssen Cilag, Domaine de Maigremont, 27100 Val de Reuil, France.

This leaflet was revised January 2012.

Benylin is a registered trade mark.

7 Information about treating cough and cold in children

It's normal for children to get 8 or more colds in a year. Because colds are caused by viruses, not bacteria, antibiotics don't help. Here are simple steps to help your child who has a cough or cold.

- If they are **hot/feverish**: Increase the amount of fluid your child normally drinks. Lower their temperature with a paracetamol or ibuprofen medicine which has doses for children.
- For **coughs**: Coughing serves a purpose, it helps clear phlegm and mucus. Give the child plenty of warm clear fluids to drink.
- To help with **breathing**: Plain saline nose drops / sprays can help with blocked noses.

McNeil
Healthcare (Ireland) Ltd.
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