

Vicks VapoRub

Inhalation Vapour, Ointment

Levomenthol 2.75 % w/w

Camphor 5.00 % w/w

Eucalyptus oil 1.50 % w/w

Turpentine oil 5.00 % w/w

Patient information leaflet

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

This medicine is available without prescription. However, you still need to use Vicks VapoRub 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 you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

1. What Vicks VapoRub is and what it is used for

Vicks VapoRub is an ointment which is used to relieve nasal catarrh (inflammation of mucous membranes in the nose and throat), congestion (a blocked nose), sore throat and coughs due to colds. Vicks VapoRub contains four active ingredients: Camphor, Turpentine oil, Levomenthol and Eucalyptus oil.

- Levomenthol and camphor calm a cough
- Eucalyptus oil and Levomenthol relieve nasal congestion (blocked nose)
- Eucalyptus oil relieves catarrh

2. Before you use Vicks VapoRub

Do not use Vicks VapoRub:

- if you are allergic to any of the actives or other ingredients (see section 6)
- on children under 2 years
- as an inhalation for children under 6 years
- on broken skin, wounds or mucous membranes
- swallow or apply directly onto the nostrils, eyes, mouth or face

Do not bandage tightly.

Do not use with heat wrap.

Do not use boiling water to prepare inhalations.

Do not heat or re-heat the mixture in a microwave.

Take special care with Vicks VapoRub

Talk to your doctor or pharmacist before taking this medicine if you:

- have a history of airway disease or asthma

Pregnancy and breast-feeding

If you are pregnant, ask your doctor or pharmacist for advice before using Vicks VapoRub. Vicks VapoRub should not be used on the mother's chest during breastfeeding as there is a very low chance that the baby's breathing may be affected.

3. How to use Vicks VapoRub

Adults and children over 2 years:

- Rub Vicks VapoRub on the chest and back and repeat up to 2-4 times a day as needed
- Leave clothes loose to allow vapours to be inhaled easily.

As Inhalation

Adults and children over 6 years:

- Place hot (not boiling) water in a suitable bowl for inhalation
- Melt one to two 5ml spoonfuls of Vicks VapoRub into the bowl of hot water

- Keep sufficient distance from mixture in bowl to avoid burning of the face due to hot vapours
- Inhale the medicated vapours for 10-15 minutes at a time
- Children should always be supervised.

Caution: Do not heat in the microwave or reheat this mixture.

Vicks VapoRub is for external use only

In the case of accidental swallowing of Vicks VapoRub by a child, it is important to consult a physician without delay who can provide any necessary treatment. Do not try to induce vomiting.

If symptoms persist or in case of fever, consult your doctor or pharmacist.

4. Possible side effects

Like all medicines, Vicks VapoRub can cause side effects, although not everyone gets them.

Redness or irritation of the skin, irritation of the eyes (by inhalation) or allergic reactions can occur. These are usually mild and occur rarely.

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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Vicks VapoRub

Keep out of the reach and sight of children.

Do not store above 25°C.

Do not use Vicks VapoRub after the expiry date which is printed on the jar or carton.

The expiry date refers to the last day of the month stated.

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 Vicks VapoRub contains:

Active ingredients: Levomenthol 2.75 % w/w Camphor 5.00 % w/w Eucalyptus oil

1.50 % w/w Turpentine oil 5.00 % w/w

Other ingredients: thymol, cedarwood oil and white soft paraffin.

This pack may contain 40g, 50g, 90g, or 100g of ointment. Not all pack sizes may be marketed.

Marketing Authorisation Holder:

Procter & Gamble (Health & Beauty Care)
Limited, Weybridge,
Surrey,
KT13 0XP, UK
(send all enquiries to this address).

Manufacturer:

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PA 441/2/2

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