



## Chesty Coughs Original

diphenhydramine, levomenthol

- This medicine is used to help relieve coughing and related congestion symptoms.
- This medicine is for use by adults and children aged 12 years and over.
- **Do not use this medicine:**
  - There are some people who should not use this medicine. *To find out if you are one of them see section 2 ►*
  - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6 ►*
- **Speak to your doctor:**
  - If you suffer from any of the conditions mentioned in section 2. *See section 2 ►*
  - If you are taking any other medicines. *See section 2 ►*
- **Follow the dosage instructions carefully.** These are shown in the table. *See section 3 ►*

**Now read this whole leaflet carefully before you use this medicine.** Keep the leaflet: you might need it again.

## I What the medicine is for

Benylin Chesty Coughs Original is a medicine which is used to help relieve coughing and related congestion symptoms. The liquid contains diphenhydramine which is an antihistamine that helps relieve coughing and dry secretions in the nose and chest and levomenthol which helps you breathe more easily by relieving congestion.

The medicine is for use in adults and children aged 12 years and over.

## 2 Before taking this medicine

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 have ever had a **bad reaction** to any of the ingredients.
- If you have had a **cough** for a few weeks that may be caused by **asthma**, or a cough which brings up a lot of mucus (phlegm).
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs).
- For children under 12 years old.

If any of these apply to you, **get advice from a doctor or pharmacist without using Benylin Chesty Coughs Original.**

### **!** Talk to your doctor or pharmacist...

- If you suffer from **liver or kidney problems**
- If you have **prostate problems** (difficulty with passing water or needing to pass water often).
- If you have **narrow-angle glaucoma** (increased pressure in the eye).
- If you are taking **alcohol**.
- If you have an **intolerance to some sugars**.
- If you are taking any other medicines containing **codeine** (sometimes used as a pain killer).
- If you are taking any **other medicines**, including:
  - **anticholinergic drugs** e.g.
    - **antidepressants** (drugs to treat **mood disorders**).
    - **atropine** (used to treat some **eye conditions** and occasionally **bowel conditions**).
  - **antihistamines** (drugs used to treat **allergies**).
  - **minor tranquillisers** (drugs used to **relax muscles or decrease anxiety**).
  - **barbiturates** (a kind of **sleeping tablet**).

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

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

### **!** If you are pregnant or breast-feeding

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

### **!** Special warnings about this medicine

- This medicine may cause drowsiness. If affected, do not drive or operate machinery. Avoid alcoholic drink.

### **!** Some of the ingredients can cause problems

- This medicine contains sucrose and liquid glucose. If you have been told by your doctor that you have an intolerance to some sugars contact your doctor before taking this medicinal product. Contains 3.5 g glucose per 5 ml. This should be taken into account in patients with diabetes mellitus.
- This medicinal product contains 5 vol % ethanol (alcohol), i.e. up to 200 mg per dose, equivalent to 5 ml beer, 2 ml wine per 5 ml. Harmful for those suffering from alcoholism. To be taken into account in pregnant or breast-feeding women, children and high-risk groups such as patients with liver disease or epilepsy.
- Ponceau 4R (E124) may cause allergic reactions.
- This medicinal product contains 16.61 mg sodium per 5 ml. To be taken in consideration by patients on a controlled sodium diet.

## 3 How to take this medicine

**Check the table that follows to see how much medicine to take.**

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

turn over ►

## 3 How to take this medicine *continued*

### **i** Children under 12 years

Benlyn Chesty Coughs Original is not recommended for children under 12 years old.

### **i** Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over	Take <b>two 5 ml spoonfuls</b> four times a day.

- Do not take more than 4 doses in 24 hours.
- If symptoms persist, talk to your doctor or pharmacist.

### **!** If anyone has too much

If anyone has too much contact a doctor or your nearest Accident and Emergency Department (Casualty) taking this leaflet and pack with you.

### **!** 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. **Do not** take a double dose.

## 4 Possible side-effects

Benlyn Chesty Coughs Original 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:**

- Swelling of the face, lips and/or tongue.
- Allergic reactions including skin rashes (which may be severe and include blistering or peeling of the skin) and itching.
- Fits or numbness (parasthesia).

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

- Increased awareness of heart beat (palpitations).
- Shakiness (tremor).
- Difficulty passing water.

### **Other effects which may occur include:**

- Drowsiness, dizziness, blurred vision.
- Dry mouth, nose and throat.
- Upset stomach.

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

## 5 Storing this medicine

Do not store above 25°C.

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.

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 5 ml of Benlyn Chesty Coughs Original are:**

14 mg Diphenhydramine hydrochloride and 2 mg Levomenthol.

**Other ingredients are:** Liquid glucose, sucrose, ethanol, glycerol, sodium citrate, saccharin sodium, citric acid monohydrate, sodium benzoate (E211), ammonium chloride, caramel T12 (E150), raspberry flavour, carborner, Ponceau 4R (E124) and water.

### **What the medicine looks like**

Benlyn Chesty Coughs Original is a clear red syrup, available in 150 ml and 300 ml glass bottles.

**Product Licence holder:** McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

**Manufacturer:** Famar Orléans, 5 avenue de Concy, 45071 Orleans, Cedex 2, France.

**This leaflet was revised January 2010.**

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