

Package leaflet: Information for the user

Numark Sleep Aid 25mg Tablets

Diphenhydramine Hydrochloride

Read all of this leaflet before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet, you may need to read it again.
- Ask your pharmacist if you need more information or advice.
- 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.
- You must talk to a doctor if you do not feel better or if you feel worse.

In this leaflet:

- What Numark Sleep Aid 25mg Tablets are and what they are used for
- What you need to know before you take Numark Sleep Aid 25mg Tablets
- How to take Numark Sleep Aid 25mg Tablets
- Possible side effects
- How to store Numark Sleep Aid 25mg Tablets
- Contents of the pack and other information

1. What Numark Sleep Aid 25mg Tablets are and what they are used for

Numark Sleep Aid 25mg Tablets are used to relieve temporary sleeping difficulties. The active ingredient is diphenhydramine hydrochloride, an antihistamine that causes sleepiness or drowsiness. Temporary difficulties in getting a good night's sleep can be caused by various problems such as stress, jet lag or personal problems such as bereavement. In sleep problems of this type, this medicine has been shown to help sufferers to fall asleep faster, have a longer and deeper sleep, and to wake up feeling rested in the morning.

Do not take this medicine for more than 2 weeks without consulting your doctor.

2. What you need to know before you take Numark Sleep Aid 25mg Tablets

Do not take this medicine:

- if you have ever had an allergic reaction to diphenhydramine hydrochloride or any of the other ingredients (listed in Section 6)
- if you have an **obstruction in your stomach or gut** (for example, because of an ulcer).

Warnings and precautions

Talk to your doctor or pharmacist before taking this medicine:

- if you have **asthma, bronchitis** or Chronic Obstructive Pulmonary Disease (COPD)
- if you have **narrow-angle glaucoma** (a form of raised pressure in the eye)
- if you have an **enlarged prostate** or **urinary retention**
- if you have moderate to severe **liver or kidney disease**
- if you have **myasthenia gravis, epilepsy** or **seizure disorders**
- If your **sleeping difficulties** persist, talk to your doctor or pharmacist
- Stop taking Numark Sleep Aid 25mg Tablets at least 3 days before any allergy skin testing, as it may interfere with the results
- This medicine may get less effective if you use it continuously.

Other medicines and Numark Sleep Aid 25mg Tablets

Talk to your doctor or pharmacist before taking these tablets if you are taking any prescribed medicines; particularly **tricyclic antidepressants, monoamine oxidase inhibitors** (MAOIs prescribed for **depression**) within the last two weeks, atropine (used to dilate pupils of the eyes) or medicines which make you **drowsy**. Do not take Numark Sleep Aid 25mg Tablets together with medicines that can produce a change in heart rhythm called QT prolongation which is seen by electrocardiogram (ECG). If you are not sure, please consult your doctor before taking this medicine. Avoid the use of **other antihistamines** including those used on your skin and in cold and cough medicines, while taking this medicine.

Numark Sleep Aid 25mg Tablets with food, drink and alcohol

Do not drink alcohol while using this medicine.

Pregnancy, breast-feeding and fertility

Talk to your doctor before taking this medicine if you are pregnant, trying to become pregnant or breast-feeding.

Driving and using machines

Do not drive or operate machinery. This medicine is intended to produce sleepiness or drowsiness soon after the dose is taken.

Numark Sleep Aid 25mg Tablets contain lactose

If you have been told by your doctor that you have an **intolerance to some sugars**, ask your doctor before taking this medicine.

Please turn over 

3. How to take Numark Sleep Aid 25mg Tablets

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose for adults and children aged 16 years and over: Swallow 2 tablets with water 20 minutes before you go to bed.

Not to be used by children under 16 years. Not to be used by the elderly with confusion.

- #### Do not take more than the recommended dose.
- Do not take extra tablets if you wake up in the night.
 - Do not take for more than 2 weeks without consulting a doctor.

If you take more Numark Sleep Aid 25mg Tablets than you should

Contact your doctor or casualty department.

If you forget to take Numark Sleep Aid 25mg Tablets

Do not take a double dose to make up for a forgotten dose. Take the next dose at the usual time as described in this leaflet. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If any of the following occur STOP TAKING THIS MEDICINE IMMEDIATELY and contact your doctor, as these may be signs of an allergic reaction:

- Difficulty breathing or shortness of breath, swelling of the face, mouth or throat
- Rash, hive (itchy, raised red weals).

If you notice any of the following effects tell your doctor straightaway:

- Faster heartbeat, irregular heartbeat
- Fits, difficulty making or controlling movements.

Tell your doctor, pharmacist or nurse if you suffer from any of the following side effects:

Common side effects (may affect up to 1 in 10 people):

- Sedation, drowsiness, dizziness, unsteadiness, inattention
- Dry mouth
- Fatigue

Other side effects (frequency not known - cannot be estimated from the data available):

- Palpitations (feeling your heartbeat)
- Headache, tingling or numbness (pins and needles)

- Confusion, excitation e.g. increased energy, restlessness, nervousness (the elderly are more likely to experience these effects)
- Difficulty urinating or inability to pass urine
- Thicker bronchial mucus
- Blurred vision
- Feeling or being sick, stomach problems
- Muscle twitching
- Reduced sense of touch
- An irresistible urge to move your legs and other limbs (restless leg syndrome).

Reporting of side effects:

If you get any side effects, talk to your doctor or 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 or search for MHRA Yellow Card in Google Play or Apple App store. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Numark Sleep Aid 25mg Tablets

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date (EXP) stated on the pack. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment. Store below 25°C.

6. Contents of the pack and other information

What Numark Sleep Aid 25mg Tablets contain

- The active substance: Each tablet contains Diphenhydramine Hydrochloride 25 mg.
- The other ingredients are: Anhydrous lactose, microcrystalline cellulose, maize starch, stearic acid and silicon dioxide.

What Numark Sleep Aid 25mg Tablets look like and contents of the pack

Packs of Numark Sleep Aid 25mg Tablets contain 4, 8, 16, 20 or 24 tablets. Not all pack sizes may be marketed.

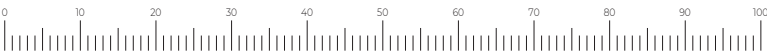
Marketing authorisation holder is Omega Pharma Ltd., Wrafton, Braunton, Devon, EX33 2DL, United Kingdom and all enquiries should be sent to this address.

Manufacturer

















Wrafton Laboratories Ltd, Wrafton, Braunton, North Devon, EX33 2DL, U.K.

This leaflet was last revised in January 2025.

G3U60ETJB4



Job Information		
Product Name: Numark Sleep Aid 25mg Tablets		
Project Name: 000113_Diphenhydramine CCSI Safety Update 2024		
Program No.: 002241	Component No.: G3U60ETJB4	Licence No.: PL 02855/0071
Supplier: Wrafton	Cutter Ref: L164	Dimensions: 139.7 x 228.6mm

Colours		
Process	Pantone	Technical
 N/A	 N/A	 Cutter
 N/A	 N/A	 N/A
 N/A	 N/A	 N/A
 Black	 N/A	 N/A
	 N/A	 N/A
	 N/A	 N/A

MINIMUM
TYPE SIZE
8pt