

P3343T

**Package leaflet: Information for the patient****LUNOX MAX STRENGTH SLEEP AID 50 mg TABLETS**  
(Diphenhydramine Hydrochloride)**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Always use 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.

Pharma  
code**What is in this leaflet:**

1. What this medicine is and what it is used for
2. What you need to know before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Contents of the pack and other information

**1. What this medicine is and what it is used for**

This medicine contains the active substance diphenhydramine hydrochloride which is an antihistamine with sedative properties which induces drowsiness or sedation. It works by reducing the time needed to fall asleep and increases the depth and quality of sleep.

This medicine is used to aid relief of temporary sleep disturbance (difficulties sleeping) in adults and children over 16 years of age.

**2. What you need to know before you take this medicine****Do not take this medicine:**

- if you are allergic to diphenhydramine hydrochloride or any of the other ingredients of this medicine (listed in section 6)
- if you have a peptic ulcer
- if you have a blockage between your stomach and small intestine.

**Warnings and precautions**

Talk to your doctor or pharmacist before taking this medicine:

- if you suffer from myasthenia gravis (abnormal muscle function)
- if you suffer from seizures or have epilepsy
- 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
- if you have difficulty urinating
- if you have moderate to severe liver or kidney problems
- if you are elderly, particularly if you also suffer from confusion.

This medicine is for short term sleeping problems. It may not work as well if you use it continuously. If your problems with sleeping persist, see your doctor for advice. Do not continue to take it for longer than 2 weeks without consulting a doctor.

**Other medicines and LUNOX Max Strength Sleep Aid 50 mg Tablets**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. In particular, tell your doctor or pharmacist if you are taking any of the following:

- other antihistamines including those used on your skin and in cough and cold medicines
- tranquillisers or anxiolytics (sedatives) used to treat anxiety e.g. diazepam
- hypnotics (e.g. nitrazepam) used to help you sleep better
- monoamine oxidase inhibitors (MAOIs) for depression (e.g. phenelzine) or if you have stopped taking an MAOI within the last two weeks
- metoprolol (a beta blocker) used to treat high blood pressure, angina, irregular heart beat or overactive thyroid
- venlafaxine used to treat depression
- antimuscarinics which relax smooth muscles and are used for example in Parkinsons Disease, irritable bowel syndrome and incontinence e.g. procyclidine, trihexyphenidyl, atropine, oxybutinin, fesoterodine
- tricyclic antidepressants (e.g. imipramine, amitriptyline).

**LUNOX Max Strength Sleep Aid 50 mg Tablets with alcohol**

Do not drink alcohol if you are taking this medicine.

**Pregnancy and breast-feeding**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

**Driving and using machines**

This medicine causes drowsiness and sedation and may also cause dizziness, blurred vision, disturbance in attention and slower reaction times. Do not drive or operate machinery while you are affected in this way.

**LUNOX Max Strength Sleep Aid 50 mg Tablets contain lactose**



This medicine contains lactose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

**3. How to take this medicine**

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.



Product:	Lunox Max Strength Sleep Aid 50mg Tablets - Surepharm
Item Code:	P3343T
Size:	146 x 315 mm
Min. Point size:	9pt
O. Artwork:	03/04/25
Proof No.	1
Amendment Date	

Colours Used	
	Process Black
	Keyline - Does not print

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**The recommended dose is:****Adults and children over 16 years:**

Take one tablet 20 minutes before going to bed.  
Do not exceed the stated dose. Do not take extra tablets if you wake up in the night.  
Do not continue to take it for longer than 2 weeks without consulting a doctor.

**Use in children:****Do not use in children under 16 years of age.**

This medicine is for oral use. Swallow the tablets whole with water.

**If you take more tablets than you should**

If you take too much of this medicine it is likely to result in effects similar to those listed below in section 4 Possible Side Effects. Other effects may include dilated pupils, fever, flushing, agitation, shaking, movement disorder, seeing or hearing things that are not real or ECG changes. A large overdose may cause abnormal muscle breakdown which can lead to kidney problems, fits, delirium, loss of contact with reality, irregular heartbeat, coma or cardiovascular collapse.

Talk to your doctor or pharmacist if you take too many tablets. Take the medicine pack with you.

**If you forget to take Diphenhydramine Hydrochloride 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 the tablets 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, hives (itchy, raised red weals).

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

- fever, chills, sore throat, infections. These may be signs of a blood disorder
- faster heartbeat, irregular heartbeat
- fits, difficulty making or controlling movements.

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

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

- sedation, drowsiness, dizziness, unsteadiness, disturbance in attention
- 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)
- depression, sleep disturbances
- 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.

**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 the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the 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 this medicine****Keep this medicine out of the sight and reach of children.**

Do not use this medicine after the expiry date which is stated on the label, carton or blister after "EXP". The expiry date refers to the last day of that month.

Keep the blister in the outer carton in order to protect from light and moisture.

Do not use this medicine if you notice any change in the appearance of the tablets.

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.

**6. Contents of the pack and other information****What this medicine contains**

The active substance is diphenhydramine hydrochloride. Each tablet contains 50 mg diphenhydramine hydrochloride. The other ingredients are lactose, maize starch, pregelatinised maize starch and magnesium stearate.

**What this medicine looks like and contents of the pack**

The tablets are white, round tablets and are available in pack sizes of 16 and 20 tablets (not all sizes may be marketed).

**Marketing Authorisation Holder and Manufacturer:**



Crescent Pharma Ltd., Key House, Sarum Hill, Basingstoke, RG21 8SR, UK.

This leaflet was last revised in April 2025.

**If you would like this leaflet in a different format please contact the marketing authorisation holder at the above address.**



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