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GALPHARM ALL IN ONE COLD AND FLU LIQUID

Patient Information Leaflet

Read all of this leaflet carefully 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 or nurse 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 or nurse. 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 after 24 hours.

What is in this leaflet:

1. What Galpharm All in One Cold and Flu Liquid is and what it is used for
2. What you need to know before you take Galpharm All in One Cold and Flu Liquid
3. How to take Galpharm All in One Cold and Flu Liquid
4. Possible side effects
5. How to store Galpharm All in One Cold and Flu Liquid
6. Contents of the pack and other information

1. What Galpharm All in One Cold and Flu Liquid is and what it is used for

This medicine provides short term symptomatic relief from cold and flu symptoms, including aches and pains, headache, feverishness, blocked nose and sinuses tickly sore throat and chesty coughs.

This medicine contains:

- **paracetamol** which is an analgesic (relieves pain) and antipyretic (reduces fever).
- **phenylephrine hydrochloride** which is a nasal decongestant, it reduces the swelling of the blood vessels in the nose and sinuses which opens the nasal airways helping you to breathe more easily.
- **guaifenesin** which is an expectorant that loosens phlegm relieving chesty coughs.
- **cetylpiridium chloride** which is an antiseptic and anti-infective that helps ease tickly sore throat.

2. What you need to know before you take Galpharm All in One Cold and Flu Liquid

Do not take this medicine if you:

- are allergic to Paracetamol, Phenylephrine hydrochloride, Guaifenesin, Cetylpiridinium chloride or any of the other ingredients listed in section 6.
- are pregnant or breastfeeding
- are taking antidepressant drugs called monoamine oxidase inhibitors (MAOI's) or have taken them within the last 14 days – these are medicines such as moclobemide, phenelzine and isocarboxazid
- have high blood pressure (hypertension)
- have a serious heart or circulatory condition
- have diabetes mellitus
- have pheochromocytoma (rare tumor of the adrenal gland tissue).
- are taking other decongestant medicines or medicines to stop you feeling hungry
- have an overactive thyroid gland
- have an enlarged prostate or prostate problems
- are taking tricyclic antidepressants such as imipramine, amitriptyline
- are taking medicines to lower blood pressure, treat heart or circulatory problems such as beta blockers (e.g. atenolol)
- have a specific eye condition called angle closure glaucoma.

Do not give this medicine to anyone under 16 years of age.

Warnings and precautions

Talk to your doctor or pharmacist before taking Galpharm All in One Cold and Flu Liquid if you:

- suffer from liver or kidney problems including alcoholic liver disease
- are breastfeeding
- have frequent or daily headaches despite (or because of) the regular use of headache medications
- suffer from asthma
- are an alcoholic
- suffer from a disorder that affects your red blood cells such as glucose-6-phosphate dehydrogenase deficiency or hemolytic anemia.
- suffer from glutathione deficiency
- are dehydrated or suffer from malnutrition
- weigh less than 50kg
- suffer from inability to completely empty the bladder
- suffer from problems with your blood circulation (e.g. Raynaud’s syndrome)
- suffer from epilepsy.

During treatment with this medicine, tell your doctor straight away if:

- you have severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), or you suffer

from malnutrition, chronic alcoholism or if you are also taking flucloxacillin (an antibiotic). A serious condition called metabolic acidosis (a blood and fluid abnormality) has been reported in patients in these situations when paracetamol is used at regular doses for a prolonged period or when paracetamol is taken together with flucloxacillin. Symptoms of metabolic acidosis may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea) and being sick (vomiting).

Other medicines and Galpharm All in One Cold and Flu Liquid

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines especially

- medicines to control feeling sick or being sick such as metoclopramide or domperidone
- medicines to treat high cholesterol levels which reduce the amount of fat in the blood such as cholestyramine
- medicines called anti-coagulants, which are used to thin the blood such as warfarin or other coumarins.
- tricyclic antidepressants which are used to treat depression
- monoamine oxidase inhibitors (MAOIs) or reversible inhibitors of MAO-A (RIMAs) which are used to treat depression, panic disorder or social anxiety disorder (e.g. of RIMA: moclobemide)
- barbiturates (for epilepsy or to help you sleep)
- medicines to treat heart or circulatory problems, or to lower blood pressure, (e.g. digoxin or other cardiac glycosides)
- beta blockers, used to lower blood pressure
- Probenecid (for pain and inflammation in the joints)
- Chloramphenicol (for bacterial infections)
- sympathomimetic amines which activate the sympathetic nervous system and increase heart rate, force cardiac contraction.
- medicines to treat migraine (e.g. ergotamine and methylsergide).
- anticholinergic agents (e.g. tricyclic antidepressants).
- if you are going to have blood or urine tests as taking this medicine may affect the results.
- Appetite suppressant and amphetamine-like psychostimulants.
- Oxytocin which is used to cause contraction of the uterus.
- flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called ‘metabolic acidosis’) that must have urgent treatment (see section 2).

CONTAINS PARACETAMOL

Do not take anything else containing paracetamol while taking this medicine.

Pregnancy and Breastfeeding

Do not take this medicine if you are pregnant. This medicine should not usually be taken whilst breast feeding unless your doctor considers this absolutely necessary.

This medicine contains sorbitol and alcohol

This medicine contains 6.286g of sorbitol per 20ml dose.

Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

Sorbitol may cause gastrointestinal discomfort and mild laxative effect.

Calorific value 2.6 kcal/g sorbitol.

This medicine contains 3g of alcohol (ethanol) in each 20ml dose which is equivalent to 19% (v/v) ethanol. The amount in each 20ml dose is equivalent to 32ml of wine or 76ml of beer. The amount of alcohol in this medicine is not likely to have an effect in adults and adolescents, and its effects in children are not likely to be noticeable. It may have some effects in younger children, for example feeling sleepy. The alcohol in this medicine may alter the effects of other medicines. Talk to your doctor or pharmacist if you are taking other medicines. If you are addicted to alcohol, talk to your doctor or pharmacist before taking this medicine.

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