

Please read right through this leaflet before you start using this medicine. This medicine is available without prescription, but you still need to use Beechams

- Cold & Flu Hot Lemon carefully to get the best results from it.
- Keep this leaflet, you may need to read it again. If you have any questions, or if there is anything you do not
- understand, ask your pharmacist.

In this leaflet.

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1. What Beechams Cold & Flu does

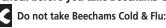
blocked nose and painful sinuses, catarrh and sore throat.

Beechams Cold & Flu is used for the short term relief of the symptoms of flu. colds and chills. These symptoms include headache, shivers, aches and pains,

The medicine contains two active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Phenylephrine hydrochloride is a decongestant which unblocks your nose and

sinuses helping you breathe more easily. This product also contains 40 mg ascorbic acid (vitamin C).

2. Check before vou take Beechams Cold & Flu



- if you have ever had an allergic reaction to paracetamol, phenylephrine hydrochloride or to any of the other ingredients (listed in Section 6)
- if you have kidney or liver problems, overactive thyroid, diabetes, high blood pressure or heart or circulation disease
- if you have phaeochromocytoma or glaucoma
 - if you are taking tricyclic antidepressants (e.g. imipramine or amitriptyline) or if you are taking or have taken within the last two weeks monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed for depression if you are taking beta blockers.
- Do not take anything else containing paracetamol while taking this medicine. Do not take with any other flu, cold or decongestant product.



Take special care with Beechams Cold & Flu

 This product may cause dizziness. If affected, do not drive or operate machinery.



Ask your doctor before you take this medicine:

- if you have a blood vessel disease such as Raynaud's Phenomenon.
- if you have an enlarged prostate.
- if you have diabetes mellitus. Each dose contains 4 g of sucrose. if you are on a controlled-sodium diet. Each dose contains 0.12 a of sodium.



If you are taking other medicines

cholesterol) or drugs to lower blood pressure; appetite supressants or

Talk to your doctor or pharmacist before taking Beechams Cold & Flu if you are taking any prescribed medicines; particularly metoclopramide or domperidone (for nausea [feeling sick] or vomiting [being sick]) or ergotamine or methylsergide (for migraine) or colestyramine (to lower blood

Pregnancy and breast feeding Do not take Beechams Cold & Flu if you are pregnant or breast feeding unless advised by a doctor.

3. How to take Beechams Cold & Flu

stimulants: drugs to treat **depression** such as tricyclic antidepressants (e.g.,

amitriptyline) or heart disease (e.g. digoxin) or if you take blood thinning drugs

Adults and children aged 12 years and over: Empty the contents of one sachet into a mug. Half fill with very hot water. Stir well.

Add cold water as necessary and sugar if desired. Take one sachet every 4 hours as needed. Do not take more frequently than every 4 hours.

Do not take more than 6 sachets in 24 hours.

(anticoagulants e.g. warfarin).

 Do not take more than the recommended dose. • Do not take for more than 7 days without asking your doctor. Do not give to children under 12 years.

If you take too many sachets Talk to a doctor at once if you take too much of this medicine, even if you

feel well. This is because too much paracetamol can cause delayed, serious liver damage.

If your symptoms persist, see your doctor.

4. Possible side effects Like all medicines, Beechams Cold & Flu can have side effects, but not everybody

gets them. A small number of people have had side effects. Stop taking this medicine and tell your doctor immediately if you experience:

 Allergic reactions which may be severe such as skin rash and itching. sometimes with swelling of the mouth or face or shortness of breath. Skin rash or peeling, or mouth ulcers.

 Breathing problems. These are more likely if you have experienced them before when taking other painkillers such as ibuprofen or aspirin. Unexplained bruising or bleeding.

 Reoccuring fevers or infections. Nausea, sudden weight loss, loss of appetite and vellowing of the eyes and skin.

5. How to store Beechams Cold & Flu

Visual disturbances. This is rare but is more likely in those with glaucoma.

Unusually fast pulse rate or a sensation of an unusually fast or irregular

Difficulty passing water. This is more likely to occur in men with an

The following side effects may occur. **Tell your doctor** if you get them:

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

Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness.

www.mhra.gov.uk/vellowcard. By reporting side effects you can help provide

The marketing authorisation holder is GlaxoSmithKline Consumer Healthcare.

Keep out of the sight and reach of children. Do not use this medicine after the 'EXP' date shown on the pack.

heartbeat.

enlarged prostate gland.

anxiety, diarrhoea or sickness.

Store below 25°C. 6. Further information

side effects directly via the Yellow Card Scheme at:

more information on the safety of this medicine.

Active ingredients Each dose contains Paracetamol 600 mg and Phenylephrine

Hydrochloride 10 mg. Other ingredients Ascorbic acid (vitamin C), sucrose, sodium citrate, citric acid.

maize starch, sodium cyclamate, saccharin sodium, colloidal anhydrous silica, lemon flavour, natural curcumin (E 100).

Packs of Beechams Cold & Flu Hot Lemon contain 5 or 10 sachets. Not all pack sizes may be marketed.

Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address. The manufacturer is SmithKline Beecham SA, Ctra de Aialvir, Km 2500, 28806

Alcala de Henares, Madrid, Spain.

This leaflet was last revised in February 2014.

Beechams is a registered trade mark of the GSK group of companies.

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