

Lemsip Max Day & Night Cold & Flu Relief Capsules
(paracetamol, caffeine and phenylephrine hydrochloride)
Patient Information Leaflet

Please read this leaflet carefully before you take this medicine. If you are not sure of anything ask your pharmacist or doctor.

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

Lemsip Max Day & Night Cold & Flu Relief Capsules contain a combination of ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion and lowering of temperature.

Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a headache, and can also reduce a fever (antipyretic). Caffeine (a mild stimulant), helps relieve fatigue and drowsiness through the day (it is only used in the Day capsule). Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing the pressure which may cause a headache.

2. Before taking this medicine

Do not take this medicine with any other paracetamol-containing products.

Also, you should not drink large quantities of alcohol, whilst taking this medicine.

As with all medicines Lemsip Max Day & Night Cold & Flu Relief Capsules may not be suitable for some people.

Do not take this medicine if:

- You are allergic to any ingredient (see section 6 for further information)
- You have a serious heart condition
- You have high blood pressure (hypertension) or an overactive thyroid
- You are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), usually used to treat depression
- You are taking other sympathomimetic decongestants

You should ask the pharmacist before taking Lemsip Max Day & Night Cold & Flu Relief Capsules if:

- You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus
- You are taking beta-blockers for high blood pressure, or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome)
- You are taking tricyclic antidepressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy)
- You have a problem with your liver or kidneys or a history of stomach ulcer
- You have non-cirrhotic liver disease (liver disease that is not associated with changes in the structure of the liver)
- You have closed angle glaucoma or prostatic enlargement
- You are taking other medicines. Some drugs may affect the way in which paracetamol works, including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone). The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol. Some drugs may affect the way in which phenylephrine works (digoxin and cardiac glycosides). The speed at which caffeine is disposed of by the body can be slowed down by cimetidine (used to reduce stomach acid), disulfiram (used to treat alcoholism) or oral contraceptives.

Pregnancy and breast-feeding-

This product should not be used in women with a history of pre-eclampsia.

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

3. How to take this medicine

The capsules should be swallowed whole with water. Do not chew.

It is important to drink plenty of fluids when suffering from colds and flu.



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	Dose	
	Daytime	Night time
Adults, the elderly and children aged 16 years and over	Take two red and yellow capsules every 4-6 hours during the day to a maximum of 3 doses when necessary. Do not take more than 6 red and yellow capsules in any 24 hours.	Take two blue and red capsules at night if needed.
Do not take more than 8 capsules (4 doses) in any 24 hours. Do not give to children under 16 years of age.		

If the symptoms of your cold and flu persist for more than 3 days, or worsen consult your pharmacist.

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. You may experience symptoms of dizziness, palpitations (irregular or forceful heartbeat), stomach pain or high blood pressure with headache if you take too much of this medicine.

4. Possible side-effects

- Allergic reactions (such as skin rashes)
- Very rare cases of serious skin reactions have been reported.
- Blood disorders, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), pancytopenia (reduction in white and red blood cells), agranulocytosis, leucopenia or neutropenia (reduction in white blood cells which makes infections more likely)
- Nausea or vomiting
- Stomach discomfort.
- Difficulty in sleeping, restlessness, nervousness or mental confusion. If you are affected by any of these symptoms, do not drive or use machines
- Caffeine, if taken close to bedtime, may interfere with sleep
- Difficulty in passing urine (especially in males)

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

By reporting side effects, you can help provide more information on the safety of this Medicine.

5. How to store

Keep all medicines out of the sight and reach of children. Do not use after the end of the month of the expiry date (EXP month/year) shown on pack. Do not store above 25°C (77°F). Store in the original package. 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. Further information

Red and yellow Day capsules contain the active ingredients paracetamol 500mg, caffeine 25mg and phenylephrine hydrochloride 6.1mg. The other ingredients are starch, croscarmellose sodium, sodium lauryl sulfate, magnesium stearate, sterilised talc, gelatin, titanium dioxide (E171), patent blue V (E131), erythrosine (E127) shellac and quinoline yellow (E104). Red and blue Night capsules contain the active ingredients paracetamol 500mg and phenylephrine hydrochloride 6.1mg. The other ingredients are starch, croscarmellose sodium, sodium lauryl sulfate, magnesium stearate, sterilised talc, gelatin, titanium dioxide (E171), quinoline yellow (E104), patent blue V (E131) and erythrosine (E127) shellac.

The product is available in cartons of 8 and 16 capsules. Not all pack sizes may be marketed.

Marketing Authorisation Number: PL00063/0143

Marketing Authorisation Holder/Manufacturer:

Reckitt Benckiser Healthcare (UK) Ltd, Hull, HU8 7DS

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CUSTOMER INFO:

Minimum Point Size = 9.00pt