



Beechams®

ALL IN ONE

Paracetamol, Phenylephrine, Guaifenesin

Please read right through this leaflet before you start using this medicine.

- 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:

1. What Beechams All in One does
2. Check before you take Beechams All in One
3. How to take Beechams All in One
4. Possible side effects
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1. What Beechams All in One does

Beechams All in One is used for the short term relief of the symptoms of **colds, chills and flu with chesty coughs**. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh, sore throat and a chesty, productive cough. This medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Guaifenesin is an expectorant which loosens phlegm and relieves a chesty cough. Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily.

2. Check before you take Beechams All in One



Do not take Beechams All in One:

- if you have ever had an allergic reaction to paracetamol, guaifenesin, phenylephrine hydrochloride or to any of the other ingredients (listed in Section 6)
- if you have kidney or liver problems (including alcoholic liver disease), overactive thyroid, diabetes, high blood pressure or heart disease
- if you have phaeochromocytoma or glaucoma
- if you are taking beta blockers (e.g. atenolol), tricyclic antidepressants (e.g. imipramine or amitriptyline) or if you are taking or have taken in the last two weeks monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed for depression.

Do not take anything else containing paracetamol while taking this medicine. Do not take with any other flu, cold, decongestant products or cough suppressants.



Take special care with Beechams All in One

- Do not drink alcohol while using Beechams All in One.
- Beechams All in One contains 19% v/v ethanol (alcohol) i.e. up to 3.8 ml per dose, equivalent to 76 ml beer, 32 ml wine per dose. This could be harmful if you suffer from alcoholism. This should also be considered in pregnant or breast feeding women, children and patients with liver disease or epilepsy.
- This product may cause dizziness. If affected do not drive or operate machinery.



Ask your doctor before you take this medicine:

- if you have been told by your doctor you have an intolerance to some sugars
- if you have a blood vessel disease such as Raynaud's Phenomenon
- if you have an enlarged prostate
- if you have asthma or chronic cough
- if you have heart or circulation disease
- if you are on a controlled-sodium diet. Each 20 ml dose contains 42 mg of sodium.

! If you are taking other medicines

Talk to your doctor or pharmacist before taking this medicine 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 cholesterol) or drugs to lower **blood pressure**; appetite suppressants or 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** (anticoagulants e.g. warfarin).

! Pregnancy and breast feeding

Talk to your doctor before taking this product if you are **pregnant** or **breast feeding**.

! Beechams All in One contains **colour sunset yellow FCF (E 110)** which may cause allergic reactions.

3. How to take Beechams All in One

✓ For oral use. **Adults and children aged 12 years and over:** Fill the measuring cup to the 20 ml mark. Take one 20 ml dose every 4 hours as needed.

- !** Do not take more frequently than every 4 hours.
- Do not take more than 4 doses every 24 hours.
- Do not take more than the recommended dose.
- Do not take for more than 5 days without asking your doctor.
- Do not give to children under 12 years.

If you take too much

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 All in One 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.
- Reoccurring fevers or infections.
- Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.
- 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 heartbeat.
- Difficulty passing water. This is more likely to occur in men with an enlarged prostate gland.

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

- Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.

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 Beechams All in One

Keep out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack. Store below 25°C.

6. Further information

Active ingredients Each 20 ml dose contains Paracetamol 500 mg, Guaifenesin 200 mg and Phenylephrine Hydrochloride 10 mg.

Other ingredients Sorbitol 70 % (crystallising, E 420), glycerol, ethanol (96%), propylene glycol, sodium cyclamate, acesulfame potassium, sodium citrate, xanthan gum, citric acid monohydrate, coughsweet flavour, sunset yellow FCF (E 110), patent blue V (E 131), water.

This bottle contains 160 ml. Leaflet last revised December 2013.

The marketing authorisation holder is GlaxoSmithKline Consumer Healthcare, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.

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

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