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Day Cold & Flu Relief Oral Solution
Paracetamol 1000 mg/30 ml, Pholcodine 10 mg/30 ml, Pseudoephedrine Hydrochloride 60 mg/30 ml

Read all of this leaflet 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 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

What is in this leaflet:

1.What Boots Day Cold & Flu Relief Oral Solution is and what it is used for
2.What you need to know before you use Boots Day Cold & Flu Relief Oral Solution
3.How to use Boots Day Cold & Flu Relief Oral Solution
4.Possible side effects
5.How to store Boots Day Cold & Flu Relief Oral Solution
6.Contents of the pack and other information

1. What Boots Day Cold & Flu Relief Oral Solution is and what it is used for

Boots Day Cold & Flu Relief Oral Solution relieves the symptoms of colds and flu including aches and pains, fever, a blocked or runny nose and dry, tickly coughs.

2. What you need to know before you take Boots Day Cold & Flu Relief Oral Solution

Do not take Boots Day Cold & Flu Relief Oral Solution:
- **If you are allergic** to any of the ingredients
- **If you have angina**
- **If you have high blood pressure** (including that due to a tumour near your kidneys)
- **If you have heart or blood vessel disease**
- **If you have** diabetes, an overactive thyroid, glaucoma or hyperexcitability
- **If you have severe** kidney disease, liver failure, long term lung problems e.g. bronchitis or bronchiectasis
- **If you take or use**
  - monoamine oxidase inhibitors (for depression), or have taken them in the last 14 days
  - other decongestants
  - Inhalers for asthma
  - eyedrops for glaucoma
- **If you have an intolerance to some sugars,** unless your doctor tells you to (this medicine contains glucose and sucrose)
- **If you are a man with prostate problems**
- **If you develop a feverish generalised erythema associated with pustules, stop taking this medicine and contact your doctor or seek medical attention immediately. See section 4**
- **If you have** ever developed a severe skin rash or skin that peels, blisters and / or sores in the mouth after taking Boots Day Cold & Flu Relief Oral Solution or other pholcodine-containing products

Contains paracetamol.

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

Taking too much paracetamol can cause serious harm to your liver.

Do not drink alcohol whilst taking this medicine.

Warnings and Precautions

Tell your doctor if you:
- Have asthma
- Have other kidney or liver problems (see above)
- If you are on a low salt (sodium) diet (each 30ml of medicine contains 35 mg of sodium)
- If you are dependent on alcohol or have epilepsy, brain injury or disease (this medicine contains alcohol which may be harmful to you)
- Sudden abdominal pain or rectal bleeding may occur with Boots Day Cold & Flu Relief Oral Solution, due to inflammation of the colon (ischaemic colitis). If you develop these gastro-intestinal symptoms, stop taking Boots Day Cold & Flu Relief Oral Solution and contact your doctor or seek medical attention immediately. See section 4.
- If you develop a severe rash or any of these skin symptoms, stop taking Boots Day Cold & Flu Relief Oral Solution and contact or see a doctor immediately. Serious skin reactions, including acute generalized exanthematous pustulosis (AGEP), have been reported with the use of pholcodine-containing products. AGEP is a generalized, red, scaly rash with bumps under the skin and vesicles associated with fever. Most common location: mainly located on the folds of the skin, the trunk and the upper limbs. The highest risk of serious skin reactions occurrence is especially during the first week of treatment.
- Reduction of blood flow to your optic nerve may occur with pseudoephedrine. If you develop sudden loss of vision, stop taking Boots Day Cold & Flu Relief Oral Solution and contact your doctor or seek medical attention immediately. See section 4.

Other medicines and Boots Day Cold & Flu Relief Oral Solution

Do not take Boots Day Cold & Flu Relief Oral Solution with any other **paracetamol-containing products.**

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines:
- Medicines for heart problems (e.g. digoxin)
- Medicines for high blood pressure
- Barbiturates (for epilepsy), sleeping tablets
- Medicines for mental health conditions
- Strong pain killers, sedatives, tranquillisers
- Metoclopramide or domperidone (for feeling sick)
- Colestyramine (to reduce blood fat levels)
- Warfarin or other blood thinners

Boots Day Cold & Flu Relief Oral Solution with alcohol

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine (propylene glycol may enhance the effects of alcohol).

Pregnancy and Breastfeeding

Do not take this medicine if you are pregnant or breastfeeding. If you think you may be pregnant, or planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

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Important information about some of the ingredients of Boots Day Cold & Flu Relief Oral Solution:

Sucrose and glucose: Each 30 ml of medicine contains 5.4 g of sucrose and 1.7 g of glucose. This should be taken into account if you have diabetes.

Ethanol: Each 30 ml of medicine contains 1153 mg of alcohol (ethanol) equivalent to 29 ml of beer or 12 ml of wine. To be taken into account when given to children.

Glycerol: may cause headache, upset stomach and diarrhoea.

3. How to Take Boots Day Cold & Flu Relief Oral Solution

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Check the seal is not broken before first use. If it is, do not take the medicine.

Take during the day.

Use the measuring cup provided.

The recommended dose is:

Adults and children of 16 years and over: 30 ml every 4 hours, if you need to, up to 4 times in 24 hours. **Don't take more** than 120 ml in any 24 hours.

This medicine should be swallowed (For Oral Use).

Do not give to children under 16 years.

Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.

Do not take this medicine for more than 7 days, unless your doctor agrees.

Consult the doctor if there is no improvement.

Prolonged use except on the doctor's advice may be harmful.

The product should be used only when clearly necessary.

If you take more Boots Day Cold & Flu Relief Oral Solution than you should

Immediate medical advice should be sought in the event of overdosage, even if you feel well, because of the risk of irreversible liver damage.

If you forget to take Boots Day Cold & Flu Relief Oral Solution

If you forget to take a dose at the right time, take it as soon as you remember. However, if it is time for your next dose, do not take the missed dose. Do not take a double dose to make up for a forgotten dose. Leave at least 4 hours between doses.

4. Possible side effects

Like all medicines, Boots Day Cold & Flu Relief Oral Solution can have side effects, although not everybody gets them.

If you get any of these serious side effects, stop taking the medicine. See a doctor at once:
- Difficulty breathing, swelling of the face, neck, tongue or throat (severe allergic reaction)
- Very rare cases of serious skin reactions have been reported. These may include peeling, blistering, and lesions of the skin
- Generalized rash, red and scaly with bumps under the skin and vesicles associated with fever at the beginning of treatment (generalized acute exanthematous pustulosis). If you develop these symptoms stop using Boots Day Cold & Flu Relief Oral Solution and contact or see a doctor immediately. The frequency cannot be estimated from the available data
  Frequency not known:
  Inflammation of the colon due to insufficient blood supply (ischaemic colitis).
  Reduced blood flow to the optic nerve, loss of vision (Ischaemic optic neuropathy)

If you get any of the following side effects see your pharmacist or doctor.
- Feeling sick, being sick, diarrhoea, constipation, stomach pains
- Headache, blurred vision, ringing in the ears, loss of appetite
- Irritability, anxiety, restlessness, difficulty in sleeping, nightmares, feeling nervous, fits
- Fast heart rate, shaking, difficulty in passing urine, phlegm on the chest, sweating, high temperature
- Skin rash
- Unusual bruising, or infections such as sore throats – this may be a sign of very rare changes in the blood
- Rarely hallucinations (particularly in children)
- Very rarely chest pain, bowel problems

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL – Dublin 2:

Tel: +353 1 6764971; Fax: +353 1 6762517.

Website: www.hpra.ie;

E-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Boots Day Cold & Flu Relief Oral Solution

Keep all medicines out of the sight and reach of children.

Use by the date on the end flap of the carton and on the label edge (refers to the last day of the month).

Do not store above 25°C.

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

Each 30 ml of Boots Day Cold & Flu Relief Oral Solution contains: Paracetamol 1000 mg, Pholcodine 10 mg, Pseudoephedrine Hydrochloride 60 mg.

Also contains: glycerol (E422), liquid sugar (sucrose), propylene glycol, purified water, liquid glucose, ethanol (4.8 vol%), citric acid, sodium citrate, sodium benzoate (E211), acesulfame potassium, riboflavin sodium phosphate (E101), flavours (peach, pear drop, lime, levomenthol).

What Boots Day Cold & Flu Relief Oral Solution looks like and contents of the pack

This product is a clear orange liquid packed in a 240 ml bottle.

Marketing Authorisation Holder:

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA UK by BCM Ltd Nottingham NG2 3AA UK.

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA UK.

This leaflet was last revised in May 2020.