



# MUCUS RELIEF

## 250mg/5ml Syrup

### carbocisteine

- This medicine is used to help treat conditions where the lungs produce too much mucus (phlegm) or the mucus is too thick.
- This medicine is for use by adults and children aged 2 years and over.

#### ■ Do not use this medicine:

- There are some people who should not use this medicine.

*To find out if you are one of them see section 2*

- If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6*

#### ■ Speak to your doctor:

- If you suffer from any of the conditions mentioned in section 2.

*See section 2*

- If you are taking any other medicines. *See section 2*

- **Follow the dosage instructions carefully.** *See section 3*

**Now read this whole leaflet carefully before you use this medicine.** Keep the leaflet: you might need it again.

## 1 What the medicine is for

Benylin Mucus Relief is a medicine which is used to help treat conditions where the lungs produce too much mucus (phlegm) or the mucus is too thick. It contains Carbocisteine (a mucolytic) to help thin the mucus when it has become too thick or sticky to cough up.

The medicine is for use in adults and children aged 2 years and over.

## 2 Before taking this medicine

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

#### Do not use this medicine...

- If you have ever had a **bad reaction** to any of the ingredients.
- For a child under 4 years of age.

If any of these apply to you, **get advice from a doctor or pharmacist without using Benylin Mucus Relief.**

#### Talk to your doctor or pharmacist...

- If you suffer from **liver** or **kidney problems**.
- If you have, or have ever had a stomach ulcer.
- If you are taking other medicines including pholcodine linctus.

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist. If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

#### If you are pregnant or breast-feeding

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

#### Some of the ingredients can cause problems

- This medicinal product contains 2.4 vol % ethanol (alcohol). This can be harmful for those suffering from alcoholism. The ethanol content should be taken into account in pregnant or breast-feeding women, children and high-risk groups such as patients with liver disease or epilepsy.
- Sunset Yellow (E110) may cause allergic reactions.
- This medicinal product contains 47.1mg sodium per 5ml. To be taken into consideration by patients on a controlled sodium diet.

- This medicinal product contains methyl parahydroxybenzoate (E218), which may cause skin reactions such as contact dermatitis and more rarely wheezing.

## 3 How to take this medicine

**Check the table below to see how much medicine to take.**

- For oral use only.
- Do not use more than the stated dose shown.

#### Children under 4 years

Do not use in children under 2 years.

#### Adults and children aged 4 years and over

Age	Dose
Children 4 to 5 years	Give half to one 5ml spoonful twice a day
Children 6 to 12 years	Give one 5ml spoonful three times a day.
Adults and children 12 years and over	Start by taking three 5ml spoonfuls three times a day. When your symptoms improve, this may be reduced to two 5ml spoonfuls three times a day

- Do not give more than 4 doses in 24 hours.
- If symptoms persist, talk to your doctor or pharmacist.

#### If anyone has too much

If anyone has too much, contact your doctor or pharmacist immediately.

#### If you forget to take the medicine

You should only take this medicine as required following the dosage instructions above carefully.

If you forget to take a dose, take the next dose when needed. **Do not** take a double dose.

## 4 Possible side-effects

Benylin Mucus Relief can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience any side-effects or are not sure about anything, **talk to your doctor or pharmacist.**

- If you experience any of the following, stop taking the medicine and talk to your doctor.
- Headache.
- Nausea, upset stomach or diarrhoea.
- Allergic reactions such as skin rash, urticaria (hives) and angioedema (swelling of the face).
- Drug eruption (skin reaction).
- Increased mucus production in the lungs.

### 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 Website: [www.hpra.ie](http://www.hpra.ie). By reporting side-effects you can help provide more information on the safety of this medicine.

## 5 Storing this medicine

Do not store this product above 25°C.

Keep the product out of the reach and sight of children.

Do not use your medicine after the date shown as an expiry date on the packaging, the expiry refers to the last day of the month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## 6 Further information

### What's in this medicine?

**The active ingredient in 5ml of Benylin Mucus Relief is:**  
250mg Carbocisteine.

**Other ingredients are:** Ethanol, sodium hydroxide, mirabelle flavour, citric acid monohydrate, carmellose

sodium, sodium cyclamate, methyl parahydroxybenzoate (E218), disodium edetate, saccharin sodium, sunset yellow (E110) and purified water.

### What the medicine looks like

Benylin Mucus Relief is a clear, light yellow liquid, available in 200ml glass bottles.

**Product Authorisation holder:** JNTL Consumer Health I (Ireland) Ltd. Block 5, Hight Street, Tallaght, Dublin 24, Ireland.

**Manufacturer:** Delpharm Orleans, 5 avenue de Concy, 45071 Orleans, Cedex 2, France.

**This leaflet was revised September 2024.**

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