

PACKAGE LEAFLET: INFORMATION FOR THE PATIENT

Benylin Herbal Chesty Coughs Syrup Ivy leaf dry extract

Read all of this leaflet carefully 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, pharmacist or nurse 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, pharmacist or nurse. 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 after 7 days.

What is in this leaflet

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1. What Benylin Herbal Chesty Coughs Syrup is and what it is used for

Benylin Herbal Chesty Coughs Syrup is a medicine containing ivy leaf dry extract used as an expectorant for the relief of chesty cough associated with the common cold. This is exclusively based on long standing use.

Benylin Herbal Chesty Coughs Syrup is for use in adults and children over 12 years of age.

You must talk to a doctor or pharmacist if you feel worse, or do not feel better after 7 days.

2. What you need to know before you take Benylin Herbal Chesty Coughs Syrup

Do not use Benylin Herbal Chesty Coughs Syrup

- if you are allergic to ivy preparations or to plants of the Araliaceae family. Ivy is a member of the Araliaceae family.
- any of the other ingredients in this medicine (listed in section 6)
- if you are pregnant or breast feeding

Warnings and precautions

Talk to your doctor or pharmacist before taking Benylin Herbal Chesty Coughs Syrup

- if you suffer from gastritis (inflammation of stomach lining) or stomach ulcer,
- if you are taking other medicines to help stop you coughing such as codeine or dextromethorphan

See your doctor or pharmacist if any of the following symptoms occur:

- You are short of breath
- You have a high temperature (fever)
- Your phlegm is yellow or brown in colour
- Your symptoms worsen, persist, or do not improve within 7 days

Children

Do not give this medicine to children under 12 years of age.

Other medicines and Benylin Herbal Chesty Coughs Syrup

Always remember to tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including any herbal medicines or any other medicines obtained without a prescription.

Pregnancy and breastfeeding

Do not take this product if you are pregnant or breast-feeding

Driving and using machines

Ivy leaf has no known effect on your ability to drive or use machines. Make sure you know how this product affects you before you drive or use machinery.

Important information about the ingredients in your medicine

Benylin Herbal Chesty Coughs Syrup contains sorbitol (E 420).

This medicine contains 2832 mg sorbitol in each 4 ml dose. Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

Sorbitol may cause gastrointestinal discomfort and mild laxative effect.

3. How to take Benylin Herbal Chesty Coughs Syrup

For oral short-term use only.

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

Recommended dose:

Adults, the elderly and adolescents aged 12 years and over

Using the measuring spoon provided, take 4 ml of syrup two to three times daily.

For oral short-term use only. Do not take more than the recommended dose.

Not for use in children under 12 years of age.

You must talk to a doctor or pharmacist if you feel worse, or do not feel better after 7 days.

If you take more Benylin Herbal Chesty Coughs Syrup than you should

If you take more Benylin Herbal Chesty Coughs Syrup than the recommended dose, talk to your doctor or pharmacist immediately, or contact your nearest hospital casualty department.

If you forget to take Benylin Herbal Chesty Coughs Syrup

Do not take a double dose to make up for a forgotten dose, but continue to take your next dose at the usual time.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Side effects

The following side effects can occur when using this product:

- Allergic reactions, such as skin rash, red itchy skin and shortness of breath
- Stomach disorders such as feeling sick, being sick and diarrhea

The frequency of these side effects occurring is not known.

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.

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

5. How to store Benylin Herbal Chesty Coughs Syrup

Keep this medicine out of the sight and reach of children.

This medicine does not require any special storage conditions before the bottle is first opened.

After first opening the bottle, do not store above 25°C.

Do not use this medicine after the expiry date which is stated on the carton and the bottle after EXP. The expiry date refers to the last day of that month.

Any unused medicine must be discarded after 3 months of first opening the bottle.

Ask your pharmacist how to throw away medicines you no longer use.

6. Contents of the pack and other information

What Benylin Herbal Chesty Coughs Syrup contains

4 ml of syrup contains 33 mg of extract (as dry extract) of Ivy leaf (*Hedera helix* L.) (DER 4-8:1),
Extraction solvent: Ethanol 30% m/m

The other ingredients are:

Sorbitol, liquid (non-crystallising) (E 420)
Xanthan gum
Potassium sorbate
Citric acid, anhydrous
Purified water

What Benylin Herbal Chesty Coughs Syrup looks like and contents of the pack

Benylin Herbal Chesty Coughs Syrup is a brown, opalescent liquid with a sweet taste. The bottles are closed with white plastic screw caps. Each bottle contains 100ml of syrup. The package also includes a measuring spoon graduated with a scale of 2ml to 4ml to allow precise measuring of the recommended dose.

Traditional Herbal Registration Holder

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This leaflet was last prepared in

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