



Day & Night Tablets

Paracetamol, diphenhydramine, pseudoephedrine

- This medicine is used to relieve the symptoms of cold and flu.
- This medicine is for use by adults and children aged 12 years and over.
- This pack contains 2 different coloured tablets, for use at different times of the day. Read the leaflet carefully to ensure that you take the correct tablet at the appropriate time of day.
 - The white tablets contain paracetamol and pseudoephedrine and are for daytime use.
 - The blue tablets contain paracetamol and diphenhydramine and are for night time use only.
- **Follow the dosage instructions carefully.** There are different tablets for day and night time doses. See section 3 ►
- **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 ►

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

What the medicine is for

Benylin Day and Night Tablets are used for the relief of cold and flu symptoms.

The white day time tablets contain paracetamol, an analgesic and antipyretic which helps to relieve pain and fever and pseudoephedrine hydrochloride, a decongestant which unblocks stuffy noses.

The blue night time tablets contain paracetamol and diphenhydramine hydrochloride, an antihistamine which helps clear catarrh and so aids sleep.

This medicine is for use in adults and children aged 12 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.

X Do not take this medicine...

- If you have **high blood pressure** or **heart disease**.
- If you have **diabetes**
- If you have a **phaeochromocytoma** (rare tumour that affects your heart rate and blood pressure)
- If you have an **overactive thyroid gland**
- If you have **glaucoma** (increased pressure in the eye)
- If you have **severe kidney problems**
- If you have ever had a **bad reaction** to paracetamol, pseudoephedrine or diphenhydramine or any of the other ingredients of this medicine (listed in section 6).
- If you are taking **beta blockers** (used to treat **high blood pressure**)
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs) or

Reversible Inhibitors of Monoamine Oxidase (RIMAs).

- If you are taking *stimulants* or *appetite suppressants* or drugs used to treat **congestion** and **asthma** (*sympathomimetic drugs*)
- If you are taking any other **cough and cold medicines** or medicines containing **paracetamol**.
- If you are using any other medicines containing **diphenhydramine**, including those used on large areas of the skin.

If any of these apply to you, **get advice from a doctor or pharmacist without using Benylin Day and Night Tablets.**



Talk to your doctor or pharmacist...

- If you have **kidney** or **severe liver problems**.
- If you have **alcohol dependence**.
- If you are **susceptible to glaucoma** (increased pressure in the eye).
- If you have **blocked arteries** or **veins** (occlusive vascular disease).
- If you are being treated for a **thyroid disorder**.
- If you have **prostate problems** (difficulty with passing water or needing to pass water often).
- If you have **bronchitis**, **emphysema** or **asthma** or have had a **cough for a few weeks**, or a **cough with a lot of mucus (phlegm)**.
- If you are taking any **other medicines**, including:
 - **anticholinergic drugs** (drugs used to treat **cramps** and **spasms** such as *atropine*).
 - **tricyclic antidepressants** (used to treat **mood disorders**).
 - **hypnotics** (**sleeping tablets** including *barbiturates*).
 - **tranquillisers** (drugs used to **relax muscles** or **decrease anxiety**).
 - **opioid analgesics** (drugs used to **relieve pain** e.g. codeine, tramadol, morphine).

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- **antipsychotics** (drugs used to treat **mood disorders**).
- **antihypertensives** (drugs used to treat **high blood pressure** such as *guanethidine*, *methyldopa*, *adrenergic neurone blockers*, *debrisoquine*, *bretylum* and *betanidine*).
- *Moclobemide* (used to treat **mood disorders**).
- *Cardiac glycosides* (drugs used to **control heart rhythms** or **contractions** such as *digoxin*).
- *Ergot alkaloids* (drugs used to **treat migraine** such as *ergotamine* and *methysergide*).
- *Oxytocin* (drug used to help **contractions** during **childbirth**).
- *cholestyramine* (used to **lower blood cholesterol**).
- *metoclopramide* or *domperidone* (used to treat **nausea** and **vomiting**).
- *anticoagulants* (drugs used to **thin the blood** such as *warfarin*).
- *anticonvulsants* (drugs used to treat **epilepsy**).
- *oral contraceptives* ("the pill").

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 experience the following, stop taking this medicine immediately and contact your doctor:

- A feverish generalised erythema associated with pustules (see section 4).
- Sudden severe headaches, nausea, vomiting, confusion, fits, visual disturbances.
- Sudden abdominal pain or rectal bleeding may occur with this medicine, due to inflammation of the colon (ischemic colitis). If you develop these gastro-intestinal symptoms, stop taking this medicine and contact your doctor or seek medical

attention immediately. See section 4.

- Reduction of blood flow to your optic nerve may occur with this medicine. If you develop sudden loss of vision, stop taking this medicine and contact your doctor or seek medical attention immediately. See section 4.

! If you are pregnant or breast-feeding

- If you are pregnant, or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

! Special warnings about this medicine

- You can use this medicine while you are taking oral contraceptives "the pill" or anticonvulsant tablets used to treat epilepsy, but the medicine may not work so well on your pain or fever.
- Night time tablets may cause drowsiness. If affected, do not drive or operate machinery. **Avoid alcoholic drink.**
- This product may cause drowsiness. It should **NOT** be used to sedate a child.

3 How to take this medicine

Check the table that follows to see how much medicine to take.

- For oral use only.
- Do not take more medicine than the label tells you to.
- Take with a glass of water.

i Children under 12 years old

Do not give to children under 12 years old.

i Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over	Day time 1 white tablet every 4-6 hours, up to 3 times a day (one tablet in the morning at mid-day and in the afternoon). Night time 1 blue tablet to be taken at night.
<ul style="list-style-type: none"> ■ Do not take more than 3 white tablets a day. ■ Take only 1 tablet at a time and only at the times of day described in the table. ■ Do not take the night time tablets during the day. ■ If symptoms persist or worsen, talk to your doctor. 	

! If anyone has 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 you forget to take the medicine

If you forget to take a dose, take the next dose when needed provided that the last dose was taken at least 4 hours ago. **Do not** take a double dose.

4 Possible side-effects

Like all medicines Benlyn Day and Night Tablets can have side-effects, although not everybody gets them.

If you experience any of the following, stop using this medicine and seek immediate medical help:

- Sudden onset of fever, reddening of the skin, or many small pustules (possible symptoms of Acute

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Generalized Exanthematous Pustulosis - AGEP) may occur within the first 2 days of treatment with this medicine (See section 2).

- Severe headache, nausea, vomiting, confusion, fits, visual disturbances.
- Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- Feeling unusually tired, unexpected bruising or bleeding and getting more infections (such as colds) than normal.
- Allergic reactions including skin rashes such as hives (which may be severe and include blistering or peeling of the skin) and itching.
- Hallucinations, paranoid delusions or fits
- Inflammation of the colon due to insufficient blood supply (ischaemic colitis). Symptoms may include sudden abdominal pain or rectal bleeding.

If you experience any of the following, stop using this medicine and talk to your doctor:

- Restlessness or sleep disturbances
- A fast or irregular heartbeat or an increased awareness of the heartbeat (palpitations)
- Trouble passing water (especially in men with prostate problems)

Other effects which may occur include:

Very Common (may affect more than 1 in 10 people)

- Headache or drowsiness

Common (may affect up to 1 in 10 people)

- Difficulty sleeping, nervousness or dizziness
- Difficulty performing tasks
- Dry mouth, thickened mucus or nausea
- Blurred vision
- Unusual weakness

Uncommon (may affect up to 1 in 100 people)

- Irritability or confusion
- Tinnitus (a persistent noise in the ears)

Rare (may affect up to 1 in 1000 people)

- Depression
- Tremor, shakiness or slurred speech
- Low blood pressure

Other effects which may occur but it is unknown how often

- Anxiety or feelings of extreme happiness
- Tingling or numbness of the hands or feet (pins and needles)
- Heart attack/reduced blood flow to the heart which can cause discomfort or pain in the chest, neck, back, jaw, shoulders or arms (known as angina)
- Stroke
- High blood pressure
- Dry nose
- Vomiting
- Chest tightness or discomfort
- Pain when passing water
- Reduced blood flow to the optic nerve (Ischaemic optic neuropathy)

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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side-effects, you can help provide more information on the safety of this medicine.

5 Storing this medicine

Do not store above 25°C.

Store in the original packaging.

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

Do not use this medicine after the expiry date which is stated on the carton after 'Expiry'. The expiry date refers to the last day of that 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 ingredients in Benlyn Day and Night tablets are: Day Tablets: 500 mg Paracetamol and 60 mg Pseudoephedrine hydrochloride
Night Tablets: 500 mg Paracetamol and 25 mg Diphenhydramine hydrochloride.

Other ingredients are:

Day Tablets: Pregelatinised maize starch, povidone, crospovidone, stearic acid, microcrystalline cellulose, croscarmellose sodium and magnesium stearate.
Night Tablets: Microcrystalline cellulose, maize starch, sodium starch glycollate, pregelatinised maize starch, hydroxypropylcellulose, croscarmellose sodium, stearic acid, magnesium stearate and are coated with hypromellose, indigo carmine (E132), Titanium dioxide (E171) and propylene glycol.

What the medicine looks like

Benlyn Day and Night Tablets are white oblong day-time tablets and 4 blue round night-time tablets, available in packs of 12 tablets.

Marketing Authorisation holder: McNeil Products Ltd, High Wycombe, Buckinghamshire, HP12 4EG, UK.

Manufacturer: Janssen-Cilag, Domaine de Maigremont, 27100 Val de Reuil, France.

This leaflet was revised November 2020.

Benlyn is a registered trade mark.

