



Care Decongestant Oral Liquid

(pseudoephedrine hydrochloride)

Important information about Care Decongestant Oral Liquid

- This medicine relieves congestion in the nose, sinus and upper chest.
- It can be used by adults, the elderly and children over 12 years.

Do not give....

- To children under 12 years.
- To anyone who is allergic to the ingredients listed. See section 6.
- With other cough and cold medicines.

Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

1. What the medicine is for

Care Decongestant Oral Liquid is an oral solution for the relief of nose, sinus and upper chest congestion. It contains pseudoephedrine hydrochloride, which works to restrict blood vessels, reduces swelling and production of mucous and so relieves congestion.

2. Before you use this medicine

Do not use the medicine if you have....

- An **allergy** to any of the ingredients listed in section 6.
- Taken **medicine for depression** (monoamine oxidase inhibitors/MAOIs) within the last two weeks.
- **Severe kidney problems.**
- **Heart disease.**
- **Circulation problems.**
- **High blood pressure.**
- **Diabetes.**
- An **overactive thyroid gland.**
- **Glaucoma** (raised pressure inside the eyeball).
- Taken other **cough and cold medicines** including **oral decongestants** or **nasal sprays.**
- Taken **beta-blockers.**
- **Phaeochromocytoma** (a rare tumour of the adrenal glands).
- Or you are **pregnant or breastfeeding.**
- **Do not give to children under 12 years.**

Talk to your doctor if you have....

- Bladder problems.
- Prostate problems.
- Mild kidney problems.
- Severe liver disease.

If you develop a feverish generalised erythema with pustules, stop taking this medicine and contact your doctor or seek medical attention immediately. See section 4.

Sudden abdominal pain or rectal bleeding may occur with Care Decongestant Oral Liquid, due to inflammation of the colon (ischaemic colitis).

If you develop these gastro-intestinal symptoms, stop taking Care Decongestant Oral Liquid and contact your doctor or seek medical attention immediately. See section 4.

Warnings and precautions

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

Talk to your doctor or pharmacist if you are taking....

- Medicines to reduce your appetite.
- Medicines which stimulate the nervous system, eg. amphetamines (used to treat Narcolepsy and Attention Deficit Hyperactivity Disorder).
- Medicines which lower your blood pressure.
- Medicines for mental illness.
- Antidepressants including moclobemide.
- Beta-blockers for a heart condition.
- Cardiac glycosides (eg. digoxin, digitoxin).
- Rasagiline or Selegiline for Parkinson's disease.
- Ergotamine or methysergide for migraine relief.
- Aproclonidine for glaucoma.
- Quinidine for irregular heartbeat.
- Kaolin and aluminium hydroxide (antacids).
- The antibiotic Furazolidone.
- If you go into hospital, tell the doctor you are using Care Decongestant Oral Liquid as it may affect some hospital medicines and anaesthetics.

Pregnant or breastfeeding....

Care Decongestant Oral Liquid should not be used in pregnancy or when breastfeeding. Ask your doctor or pharmacist for further advice.

Turn over

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Important information about some of the ingredients

- This medicine contains less than 1mmol sodium (23mg) per 10ml dose, that is to say essentially "sodium-free".
- This medicine contains 154mg of alcohol (ethanol) in each 10ml dose, which is equivalent to 1.9% v/v. The amount in 10ml of this medicine is equivalent to 4ml beer or 2ml wine. The small amount of alcohol in this medicine will not have any noticeable effects.
- It contains parahydroxybenzoates, sunset yellow dye and amaranth dye which may cause allergic reactions (possibly delayed).

3. How to use this medicine

Take this medicine by mouth.

Use the spoon provided to measure 5ml.

Adults, the elderly and children over 12 years

Two 5ml spoonfuls three times a day.

Children under 12 years

Do not give to children under 12 years.

DO NOT TAKE MORE MEDICINE THAN THE LABEL TELLS YOU TO.

If you take too much

If you accidentally take too much, see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

4. Possible side effects

Like all medicines, Care Decongestant Oral Liquid can have side effects, although these don't affect everyone. The frequencies of these are unknown.

Important side effects:

Stop using this medicine if you develop these symptoms and contact your doctor or seek medical

attention immediately (frequency unknown).

- Allergic reactions which may cause difficulty in breathing, fever, swelling of the mouth, lips or skin, severe rashes, itching or stomach pain.
- Sudden onset of fever, reddening of the skin, or many small pustules (possible symptoms of Acute Generalized Exanthematous Pustulosis - AGEP) may occur within the first 2 days of treatment with this medicine. See section 2.
- Inflammation of the colon due to insufficient blood supply (ischaemic colitis).
- Reduced blood flow to the optic nerve (Ischaemic optic neuropathy).

Other possible side effects are:

- Hallucinations.
- Restlessness.
- Unable to sleep or disturbed sleep.
- Feeling sick or being sick.
- Headache.
- Skin rashes, lumps and red skin patches.
- Feeling anxious, irritable or excited.
- Glaucoma (raised pressure in the eyeball).
- Difficulty passing urine.
- Abnormal or rapid heartbeat.
- Palpitations.
- High blood pressure.
- Poor circulation e.g. cold feet or hands.
- Trembling.
- Dry mouth.
- Rarely, mental disorders.

If you notice these or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

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

- Keep it out of the sight and reach of children.
- Do not store above 25°C.
- Protect from light.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

6. Further information

What is in this medicine

The active ingredient per 5ml is: pseudoephedrine hydrochloride 30mg.

The other ingredients are: citric acid monohydrate, sodium methyl parahydroxybenzoate (E219), sodium ethyl parahydroxybenzoate (E215), sodium propyl parahydroxybenzoate, ethanol, amaranth dye (E123), sunset yellow dye (E110), carmellose sodium, saccharin sodium, menthol, condensed milk flavour, orange flavour, glycerol (E422), purified water.

What the medicine looks like

Care Decongestant Oral Liquid is a thick deep orange coloured liquid. It is supplied in 100ml bottles.

Marketing authorisation holder and manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

This leaflet was revised in September 2020.

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