



HALEON

COLD + FLU HOT LEMON & HONEY

Paracetamol, Phenylephrine Hydrochloride

Please read right through this leaflet before you start using this medicine. This medicine is available without prescription, but you still need to use Beechams Cold & Flu Hot Lemon & Honey carefully to get the best results from it.

- Keep this leaflet you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

In this leaflet:

1. What Beechams Cold & Flu does
2. Check before you take Beechams Cold & Flu
3. How to take Beechams Cold & Flu
4. Possible side effects
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1. What Beechams Cold & Flu does

Beechams Cold & Flu is used for the short term relief of the symptoms of flu, colds and chills.

These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh and sore throat.

The medicine contains two active ingredients.

Paracetamol is a painkiller and reduces your temperature when you have a fever.

Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily.

This product also contains 40 mg ascorbic acid (vitamin C).

2. Check before you take Beechams Cold & Flu



Do not take Beechams Cold & Flu:

- if you have ever had an allergic reaction to paracetamol, phenylephrine hydrochloride or to any of the other ingredients (listed in Section 6)
- if you have kidney or liver problems, overactive thyroid, diabetes, high blood pressure or heart or circulation disease
- if you have an enlarged prostate.
- if you have phaeochromocytoma or glaucoma
- if you are taking tricyclic antidepressants (e.g. imipramine or amitriptyline) or if you are taking or have taken within the last two weeks

monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed for depression

- if you are taking beta blockers.

Do not take anything else containing paracetamol while taking this medicine.

Do not take with any other flu, cold or decongestant product.



Take special care with Beechams Cold & Flu

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

- This product may cause dizziness. If affected, do not drive or operate machinery.
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- This medicine contains 136 mg sodium (main component of cooking/table salt) in each sachet. This is equivalent to 6% of the recommended maximum daily dietary intake of sodium for an adult.



Ask your doctor before you take this medicine:

- if you have a blood vessel disease such as Raynaud's Phenomenon.
- if you have diabetes mellitus. Each dose contains 4 g of sucrose.
- if you are on a controlled-sodium diet. Each dose contains 0.136 g of sodium.
- if you have liver or kidney problems.
- if you have a severe infection as this may increase the risk of metabolic acidosis.
- Signs of metabolic acidosis include:
 - deep, rapid, difficult breathing
 - feeling sick (nausea), being sick (vomiting)
 - loss of appetite

Contact a doctor immediately if you get a combination of these symptoms.



If you are taking other medicines

Talk to your doctor or pharmacist before taking Beechams Cold & Flu if you are taking any prescribed medicines; particularly metoclopramide or domperidone (for nausea [feeling sick] or vomiting [being sick]) or ergotamine or methysergide (for migraine) or colestyramine (to lower blood cholesterol) or drugs to lower blood pressure; appetite suppressants or stimulants; drugs to treat depression such as tricyclic antidepressants (e.g. amitriptyline) or heart disease (e.g. digoxin) or if you take blood thinning drugs (anticoagulants e.g. warfarin).



Pregnancy and breast feeding

Do not take Beechams Cold & Flu if you are pregnant or breast feeding unless advised by a doctor.

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3. How to take Beechams Cold & Flu



Adults and children aged 16 years and over:
Empty the contents of one sachet into a mug.
Half fill with very hot water. Stir well.

Add cold water as necessary and sugar if desired.

Always use the lowest effective dose to relieve your symptoms.

Take one sachet every 4 hours as needed.



- **Do not take more frequently than every 4 hours.**
- **Do not take more than 6 sachets in 24 hours.**
- **Do not take more than the recommended dose.**
- **Do not take for more than 7 days without asking your doctor.**
- **Do not give to children under 16 years.**

If you take too many sachets

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 your symptoms persist, see your doctor.

4. Possible side effects

Like all medicines, Beechams Cold & Flu can have side effects, but not everybody gets them. A small number of people have had side effects.

Stop taking this medicine and tell your doctor immediately if you experience:

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath.
- **Skin rash or peeling, or mouth ulcers.** Very rare cases of serious skin reactions have been reported.
- **Breathing problems.** These are more likely if you have experienced them before when taking other painkillers such as ibuprofen or aspirin.
- Unexplained **bruising or bleeding.**
- Reoccurring **fevers or infections.**
- **Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.**
- **Visual disturbances.** This is rare but is more likely in those with glaucoma.
- Unusually **fast pulse rate** or a sensation of an unusually **fast or irregular heartbeat.**
- **Difficulty passing water.** This is more likely to occur in men with an enlarged prostate gland.

The following side effects may occur. **Tell your doctor** if you get them:

- Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.

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. How to store Beechams Cold & Flu

Keep out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack.

Store below 25°C.

6. Further information

Active ingredients Each dose contains Paracetamol 600 mg and Phenylephrine Hydrochloride 10 mg.

Other ingredients Ascorbic acid (vitamin C), sucrose, sodium citrate, citric acid, maize starch, sodium cyclamate, saccharin sodium, lemon flavour, honey flav-o-lok, honey flavour, caramel (E 150).

Packs of Beechams Cold & Flu Hot Lemon & Honey contain 5 or 10 sachets.

Not all pack sizes may be marketed.

Marketing authorisation holder: Haleon UK Trading Limited, The Heights, Weybridge, KT13 0NY, U.K. and all enquiries should be sent to this address.

The manufacturer is: Haleon Alcala, S.A., Ctra. de Ajalvir, km. 2,500 - 28806 Alcalá de Henares, Madrid - Spain.

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