



# CHESTY COUGHS ORIGINAL

Diphenhydramine, Levomenthol

- This medicine is used to help relieve coughing and related congestion symptoms.
- This medicine is for use by adults and children aged 12 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.** These are shown in the table. *See section 3 ►*

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 Chesty Coughs Original is a medicine which is used to help relieve coughing and related congestion symptoms. The liquid contains diphenhydramine which is an antihistamine that helps relieve coughing and dry secretions in the nose and chest and levomenthol which helps you breathe more easily by relieving congestion.

The 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 use this medicine...

- If you have ever had a **bad reaction** to any of the ingredients.
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs).
- For children under 12 years old.
- To make a child sleepy.

If any of these apply to you or your child, **get advice from a doctor or pharmacist without using Benylin Chesty Coughs Original.**

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

- If you suffer from **liver or kidney problems**
- If you have a **persistent cough** such as occurs with **bronchitis** or **emphysema**; have **asthma**; are suffering from an asthma attack; or have a cough that produces a lot of mucus (phlegm).
- If you have difficulty with passing water or **prostate problems** (which may mean you need to pass water more often).
- If you may have **glaucoma** (increased pressure in the eye).
- If you are taking **alcohol**.
- If you have an **intolerance to some sugars**.
- If you are taking any other medicines containing **diphenhydramine** including any creams, ointments or gels.
- If you are taking any **other medicines**, including:
  - **opioid analgesics** (drugs used to relieve **pain** e.g. codeine, tramadol, morphine).
  - **anticholinergic drugs** e.g.
    - **antidepressants** (drugs to treat **mood disorders**).
    - **atropine** (used to treat some **eye conditions** and occasionally **bowel conditions**).
    - **minor tranquilisers** (drugs used to **relax muscles** or **decrease anxiety**).
  - **sleeping tablets** including **barbiturates**.
  - **antipsychotics** (drugs used to treat **delusions, hallucinations or confused thoughts**).

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

- 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

- This medicine may cause drowsiness. If affected, do not drive or operate machinery. Avoid alcoholic drink.

### ! Some of the ingredients can cause problems

- This medicine contains 1 g sucrose and 3.5 g liquid glucose per 5 ml. This should be taken into account in patients with diabetes mellitus. 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 197 mg of alcohol (ethanol) in each 5 ml. The amount in 5 ml of this medicine is equivalent to less than 5 ml beer or 2 ml wine. The small amount of alcohol in this medicine will not have any noticeable effects.
- Ponceau 4R (E124) may cause allergic reactions.
- This medicine contains 16.62 mg sodium (main component of cooking/table salt) in each 5 ml. This is equivalent to 0.83% of the recommended maximum daily dietary intake of sodium for an adult.
- This medicine contains 0.22 mg benzyl alcohol in each 5ml. Benzyl alcohol may cause allergic reactions.
- This medicine contains 10 mg sodium benzoate (E 211) in each 5 ml.
- Ask you doctor or pharmacist for advice if you are pregnant or breast-feeding, or if you have a liver or kidney disease. This is because large amounts of benzyl alcohol can build-up in your body and may cause side effects (called "metabolic acidosis").

turn over ►

### 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 than the stated dose shown.

#### **i** Children under 12 years

Benlylin Chesty Coughs Original is not recommended for children under 12 years old.

#### **i** Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over	Take two 5 ml spoonfuls four times a day.

- Do not take 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 a doctor or your nearest Accident and Emergency Department (Casualty) taking this leaflet and pack with you.

#### **⚠** 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

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

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

- Swelling of the face, lips and/or tongue.
- Allergic reactions including skin rashes (which may be severe and include blistering or peeling of the skin) and itching.

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

- Difficulty passing water.
- Fits or seizures.

**Other effects which may occur include:**

**Very common (may affect more than 1 in 10 people)**

- Drowsiness.

**Common (may affect up to 1 in 10 people)**

- Dizziness, headache, excitability, slowness in movement or speech, blurred vision, unusual weakness.
- Thick phlegm, dry mouth, nausea, vomiting.

**Uncommon (may affect up to 1 in 100 people)**

- Irritability, hallucinations, nervousness, agitation, pins and needles (paraesthesia), sedation.
- Ringing in the ears (tinnitus).
- A fast heartbeat, chest discomfort, low blood pressure.
- Dry nose.

**Rare (may affect up to 1 in 1,000 people)**

- Blood disorders.
- Confusion, depression, involuntary movements, difficulty sleeping, shakiness (tremor).
- Irregular heartbeat, increased awareness of heartbeat (palpitations).
- Liver problems.

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

**Reporting of side-effects**

If you experience 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](http://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. Discard the bottle 4 months after opening, even if there is syrup remaining.

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

Do not use your medicine after the date shown as an expiry date on the packaging.

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 5 ml of Benlylin Chesty Coughs Original are:**

14 mg Diphenhydramine hydrochloride and 2 mg Levomenthol.

**Other ingredients are:** Liquid glucose, sucrose, ethanol, glycerol, sodium citrate, saccharin sodium, citric acid monohydrate, sodium benzoate (E211), ammonium chloride, caramel T12 (E150), raspberry flavour (benzyl alcohol, propylene glycol (E 1520), ethanol), carbomer, Ponceau 4R (E124) and water.

**What the medicine looks like**

Benlylin Chesty Coughs Original is a clear red syrup, available in 150 ml and 300 ml glass bottles.

**Product Licence holder:** McNeil Products Ltd, High Wycombe, Buckinghamshire, HP12 4EG, UK.

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

**This leaflet was revised February 2023.**

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