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Boots**Information for the user****Decongestant Tablets
(Pseudoephedrine Hydrochloride)****Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains Pseudoephedrine Hydrochloride, a decongestant, which acts to relieve a blocked nose. It can be used to relieve the symptoms of a blocked nose and blocked sinuses to help you breathe more easily without causing drowsiness.

Before you take this medicine

This medicine can be taken by adults and children of 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

Do not take:

- If you are allergic to any of the ingredients (see "What is in this medicine")
- If you have heart or circulatory problems
- If you have high blood pressure or hypertension not controlled by your medication (including that due to a tumour near your kidney)
- If you have diabetes, glaucoma or an overactive thyroid
- If you have severe acute (sudden) or chronic (long-term) kidney disease or kidney failure
- If you are taking monoamine oxidase inhibitors (for depression) or have taken them within the last 14 days
- If you are taking other medicines containing pseudoephedrine, or other decongestants
- If you are a man with prostate problems
- If you are pregnant or breastfeeding

! Talk to your pharmacist or doctor:

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

Sudden abdominal pain or rectal bleeding may occur with this medicine, due to inflammation of

the colon (ischaemic colitis). If you develop these gastro-intestinal symptoms, stop taking this medicine and contact your doctor or seek medical attention immediately. See 'Possible side effects' section.

Reduction of blood flow to your optic nerve may occur with pseudoephedrine. If you develop sudden loss of vision, stop taking Boots Decongestant Tablets and contact your doctor or seek medical attention immediately. See 'Possible side effects' section.

Cases of posterior reversible encephalopathy syndrome (PRES) and reversible cerebral vasoconstriction syndrome (RCVS) have been reported following use of medicines containing pseudoephedrine. PRES and RCVS are rare conditions that can involve reduced blood supply to the brain. Stop using this medicine immediately and seek immediate medical assistance if you develop symptoms that may be signs of PRES or RCVS (see 'Possible side effects' for symptoms)

Other important information**Information about some of the ingredients in this medicine**

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Digoxin (for heart problems)
- Tricyclic antidepressants
- Ergot alkaloids (for migraine)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

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Age	How many	How often
Adults and children of 12 years and over	One tablet	Every 4 hours, if you need to. Don't take more than 4 tablets in 24 hours.

Swallow the tablet with water.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

! If you take too many tablets: Talk to a doctor straight away. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these serious side effects, stop taking the tablets. See a doctor at once:

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)
 - 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 'Before you take this medicine'.
- Frequency not known:
- Inflammation of the colon due to insufficient blood supply (ischaemic colitis).
 - Reduced blood flow to the optic nerve, loss of vision (Ischaemic optic neuropathy)

Serious conditions affecting blood vessels in the brain known as posterior reversible encephalopathy syndrome (PRES) and reversible cerebral vasoconstriction syndrome (RCVS)

Stop using this medicine immediately and seek urgent medical attention if you develop symptoms, that may be signs of posterior reversible encephalopathy syndrome (PRES) and reversible cerebral vasoconstriction syndrome (RCVS). These include:

- severe headache with a sudden onset
- feeling sick
- vomiting
- confusion
- seizures changes in vision

If you get any of the following side effects see your pharmacist or doctor.

- Skin rash
- Feeling sick, being sick, headache, dry mouth

- Fast or irregular heartbeat, high blood pressure
- Restlessness, difficulty sleeping, tremors, anxiety
- Occasionally, difficulty in passing urine (in men)
- Rarely, hallucinations (particularly in children)

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.

How to store this medicine

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton or on the foil edge.

What is in this medicine

Each tablet contains Pseudoephedrine Hydrochloride 60 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain microcrystalline cellulose, maize starch, sodium starch glycolate, pregelatinised maize starch, stearic acid.

The pack contains 12 round white tablets.

Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA by Famar AVE Anthoussa Attiki 15349 Greece

Leaflet prepared April 2024

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Decongestant Tablets

Reference number: 00014/0375

This is a service provided by the Royal National Institute of Blind People.

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