



# Children's Chesty Coughs

Guaifenesin

6 Years +

- This medicine is used to help relieve children's chesty coughs.
- This medicine is for use by children aged 6-12 years.
- **Do not use this medicine:**
  - There are some people who should not use this medicine. *To find out if your child is one of them see section 2 ►*
  - If your child has ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6 ►*
- **Speak to your doctor:**
  - If your child suffers 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.** Some children should not take this product. Follow the instructions shown in the table carefully. See *section 3 ►*

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

## I What the medicine is and what it is used for

Benylin Children's Chesty Coughs is a medicine which is used to help relieve chesty coughs in children. It contains guaifenesin (an expectorant) to help loosen mucus (phlegm) from the lungs and make it easier to cough up. The medicine is for use in children aged 6-12 years.

## 2 What you need to know before giving this medicine to your child

This medicine is suitable for most children but a few children should not use it. If you are in any doubt, talk to your doctor or pharmacist.

### X Do not use this medicine...

- If your child has ever had a **bad reaction** to this product or any of the ingredients. See section 6 for full list of ingredients.
- If your child is taking **any other cough and cold medicine**.
- If your child is aged under 6 years.

If any of these apply, **get advice from a doctor or pharmacist without using Benylin Children's Chesty Coughs**.

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

- If your child suffers from **liver or kidney problems**.
- If your child has a **persistent cough** such as occurs with asthma, has **asthma**, is suffering from an **asthma attack** or a **cough that produces a lot of mucus (phlegm)**.

If any of these apply now or in the past, **talk to a doctor or pharmacist**.

### ! If you are pregnant or breast-feeding

- The following advice is included in case an older child or adult is taking the medicine.
- If you are pregnant or breast-feeding, only use this medicine on the advice of your doctor.

### ! Some of the ingredients can cause problems

- This medicine contains 5.05 g sorbitol in each 10 ml. Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been

diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine. Sorbitol may cause gastrointestinal discomfort and mild laxative effect.

- This medicinal product contains 33.04 mg sodium per 10 ml, equivalent to 1.65% of the WHO recommended maximum daily intake of 2 g sodium for an adult.
- This medicine contains 25.2 mg benzoate salt in each 10 ml.
- This medicine contains 0.1 mg benzyl alcohol in each 10 ml. Benzyl alcohol may cause allergic reactions. Ask your 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").

## 3 How to use this medicine

Check the table below to see how much medicine to take.

- For oral use only.
- Do not give more than the stated dose shown below.

### i Children under 6 years old

This medicine is not recommended for children under 6 years old.

turn over ►

## **i** Children 6 - 12 years

Age	Dose
Children 6 – 12 years	Two 5 ml spoonfuls four times a day.

- Do not give more than 4 doses in 24 hours.
- If symptoms persist or worsen, talk to your doctor or pharmacist.
- Do not give to a child under 12 years of age for more than 5 days without consulting your doctor.
- If your child's cough comes back or is accompanied by a high temperature, rash or a headache that does not go away, stop using this medicine and talk to your doctor or pharmacist.

## **!** If anyone has too much

If anyone has taken too much, contact a doctor or your nearest Accident and Emergency department (Casualty), taking this leaflet and pack with you.

## **!** If you forget to give the medicine

You should only give this medicine as required following the dosage instructions above carefully. If you forget to give a dose, give the next dose when needed. **Do not** give a double dose.

## 4 Possible side-effects

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

**If your child experiences any of the following stop using the medicine and seek immediate help:**

- Allergic reactions including skin rashes (which may be severe and include blistering and peeling), hives and itching.

**Other effects that may occur include:**

- Stomach pain or discomfort, diarrhoea, vomiting and nausea.

### Reporting of side-effects

If your child experiences 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 How to store this medicine

Do not store this product above 25°C. Discard the bottle 4 months after opening, even if there is syrup remaining. Store in the original package.

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

Do not use after the end of the month 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 Contents of the pack and other information

### What's in this medicine?

**The active ingredient in 5 ml of Benylin Children's Chesty Coughs is:** 50 mg Guaifenesin.

**Other ingredients are:** Glycerol, sorbitol liquid (E420), carmellose sodium, sodium citrate, sodium saccharin, sodium benzoate (E211), citric acid monohydrate, strawberry flavour (containing benzyl alcohol) and water.

### What the medicine looks like

Benylin Children's Chesty Coughs is a clear colourless syrup, available in 125 ml, glass bottles.

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

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

This leaflet was last revised in August 2022.

Benylin is a registered trade mark.

## 7 Information about treating cough and cold in children

It's normal for children to get 8 or more colds in a year. Gradually they build up immunity and get fewer colds. Most colds get better within a few days and you may not need to do more than keep your child comfortable until they get over it. Because colds are caused by viruses, not bacteria, antibiotics don't help. Here are simple steps to help your child who has a cough or cold.

- **If they are hot/feverish:** Increase the amount of fluid your child normally drinks. Lower their temperature with a paracetamol or ibuprofen medicine which has doses for children. (Paracetamol is not for children under 2 months. Ibuprofen is not for children under 3 months.)
- **For coughs:** Although it is distressing to hear your child cough, in fact coughing serves a purpose. It helps clear phlegm on the chest and mucus from the nose. Give the child plenty of warm clear fluids to drink.
- **To help with breathing:** Plain saline nose drops, available from your pharmacy, can help babies with blocked noses who are having trouble feeding.

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