



Chesty Cough Relief 100 mg/5 ml Oral Solution Guaifenesin

Deep penetrating relief

Non – Drowsy

150 ml, 240 ml

Read all of this carton for full instructions.

What this medicine is for

This medicine contains Guaifenesin, which belongs to a group of medicines called expectorants, which act to loosen and relieve phlegm on the chest. It can be used to relieve chesty coughs without causing drowsiness.

Before you take this medicine

X Do not take:

- **If you are allergic** to any of the ingredients in this medicine
- **If you are taking medicines to stop you coughing**

! Talk to your doctor:

- If you have a long-term cough or asthma (do not take this medicine if you are wheezing or if you are having an asthma attack)

! Talk to your pharmacist or doctor:

- If you are pregnant or breastfeeding

Information about some of the ingredients:

This medicine contains less than 1 mmol sodium (23 mg) per 5 ml, that is to say essentially 'sodium-free'. This medicine contains 1.8 g of liquid sugar (sucrose) per 5ml. This should be taken into account if you have diabetes. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

This medicine contains glycerol which may cause headache, stomach upset and diarrhoea.

✓ How to take this medicine

Check the seal is not broken before first use. If it is, do not take the medicine.

Age	How much to take	How often to take
Adults and children over 12 years	Two 5 ml spoonfuls	Every four hours, up to 4 times a day

This medicine should be swallowed.

Do not give to children under 12 years.

Do not exceed the stated dose. No more than four doses should be taken in any 24 hours.

You must contact a doctor if your symptoms worsen or do not improve after 7 days. If symptoms do not go away talk to your doctor.

If you take more medicine than you should:

If you take too much of this medicine, consult your doctor or hospital immediately. Bring any remaining medicine with you to show the doctor. Signs and symptoms that you have taken too much medicine are: nausea and vomiting.

If you forget to take your medicine:

Take a dose when you need to, provided the last dose was taken at least 4 hours ago. Do not take a double dose to make up for the one you have missed.

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 medicine. See a doctor at once:

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)

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

- Other allergic reactions (e.g. skin rash, red itchy skin)
- Feeling sick, being sick, stomach discomfort

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 on this carton. 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

Do not store above 25°C.

Do not refrigerate or freeze.

Keep all medicines out of the sight and reach of children.

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

Active ingredient

Each 5 ml of oral solution contains Guaifenesin 100 mg.

Also contains: purified water, liquid sugar (sucrose), glycerol (E422), citric acid, sodium citrate, hyetellose, potassium sorbate (E202), acesulfame potassium, flavours (cream, blackcurrant, menthol).

PL 00014/0554

UK Only

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Marketing authorisation holder. The Boots Company PLC. Nottingham NG2 3AA
Manufacturer: BCM Ltd. Thane Road Nottingham NG90 2PR

Other formats

To request a copy of this carton 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 Chesty Cough Relief 100 mg/5 ml Oral Solution

Reference number: 00014/0554

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

If you need more advice, ask your pharmacist.