

Benylin Wet Cough Menthol
PATIENT INFORMATION LEAFLET

SCHEDULING STATUS**S0****Benylin Wet Cough Menthol syrup****Guaifenesin**

Contains sugar: Each 10 mL contains 2,0 g sugar and 5,0 mL glucose.

Contains sweetener: Each 10 mL contains 30 mg saccharin sodium.

Read all of this leaflet carefully because it contains important information for you.

Benylin Wet Cough Menthol is available without a doctor's prescription, for you to treat a mild illness.

Nevertheless, you still need to use Benylin Wet Cough Menthol carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Benylin Wet Cough Menthol with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see your doctor if your symptoms worsen or do not improve after 7 days.

What is in this leaflet

1. What Benylin Wet Cough Menthol is and what it is used for.
2. What you need to know before you use Benylin Wet Cough Menthol.
3. How to use Benylin Wet Cough Menthol.
4. Possible side effects.
5. How to store Benylin Wet Cough Menthol.
6. Contents of the pack and other information.

1. What Benylin Wet Cough Menthol is and what it is used for

Benylin Wet Cough Menthol contains guaifenesin (an expectorant) to help loosen mucus (phlegm) from the lungs and make it easier to cough up.

2. What you need to know before you use Benylin Wet Cough Menthol

Do not use Benylin Wet Cough Menthol

- If you are hypersensitive (allergic) to guaifenesin or any of the other ingredients of Benylin Wet Cough Menthol (see **What Benylin Wet Cough Menthol contains**).
- If you are pregnant or breastfeeding (see **Pregnancy, breastfeeding and fertility**).
- If you have acute porphyria.

Warnings and precautions

Take special care with Benylin Wet Cough Menthol

- If you have a persistent cough accompanied by excessive, mucus (phlegm). You should only use Benylin Wet Cough Menthol under the advice and supervision of your doctor.
- Consult your doctor if your cough persists for more than one week, tends to recur or is accompanied by high fever, rash or persistent headache.

Other medicines and Benylin Wet Cough Menthol

Always tell your health care provider if you are taking any other medicine. (This includes complementary or traditional medicines.)

Benylin Wet Cough Menthol may interfere with certain laboratory test results.

Interference with laboratory tests

If you are undergoing urine tests it is important to tell your health care provider if you are taking, or have recently taken, Benylin Wet Cough Menthol as it can affect some results.

Benylin Wet Cough Menthol with food, drink and alcohol

See section 3.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding your baby, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before using Benylin Wet Cough Menthol.

Do not use Benylin Wet Cough Menthol if you are pregnant or breastfeeding your baby.

Driving and using machines

Benylin Wet Cough Menthol may cause side effects, such as drowsiness. Do not drive a vehicle, operate machinery or do anything else that requires your attention until you know how Benylin Wet Cough Menthol affects you.

Benylin Wet Cough Menthol contains sucrose, glucose and sodium benzoate

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking Benylin Wet Cough Menthol.

Benylin Wet Cough Menthol contains sugar (sucrose and glucose) which may have an effect on the control of your blood sugar if you have diabetes mellitus.

Benylin Wet Cough Menthol contains sodium benzoate which may increase jaundice (yellowing of the skin and eyes) in newborn babies (up to 4 weeks old).

Benylin Wet Cough contains sodium

Benylin Wet Cough contains 57 mg sodium (main component of cooking/table salt) in each 10 mL

This is equivalent to 2,85 % of the recommended maximum daily dietary intake of sodium for an adult.

Benylin Wet Cough Menthol contains alcohol. Benylin Wet Cough Menthol contains 381 mg of alcohol (ethanol) in each 10 mL dose which is equivalent to 38,1 mg/mL. The amount in 10 mL of Benylin Wet Cough Menthol is equivalent to 9,5 mL beer or 3,8 mL wine.

The amount of alcohol in Benylin Wet Cough Menthol is not likely to have an effect in adults and adolescents, and its effects in children are not likely to be noticeable. The alcohol in Benylin Wet Cough Menthol may alter the effects of other medicines. Talk to your doctor or pharmacist if you are taking other medicines. If you are pregnant or breastfeeding, talk to your doctor or pharmacist before taking Benylin Wet Cough Menthol. If you are addicted to alcohol, talk to your pharmacist before taking Benylin Wet Cough Menthol.

3. How to use Benylin Wet Cough Menthol

Do not share medicines prescribed for you with any other person.

For oral use only.

DO NOT USE MORE THAN THE RECOMMENDED DOSE.

Shake the bottle before use.

Adults:

Two to four medicine measures (10 mL – 20 mL) every 4 hours.

Benylin Wet Cough Menthol can be taken with or without food.

If you have the impression that the effect of Benylin Wet Cough Menthol is too strong or too weak, tell your doctor or pharmacist.

If you use more Benylin Wet Cough Menthol than you should

Signs of too much Benylin Wet Cough Menthol can include drowsiness, nausea (feeling sick), vomiting (being sick) or signs of kidney stones (severe abdominal pain, pain or burning during urination, discoloured or foul-smelling urine, frequent need to urinate).

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take a dose of Benylin Wet Cough Menthol

If you forget to take or give a dose, take the next dose when needed provided that the last dose was at least 4 hours ago. Do not take a double dose to make up for the forgotten individual doses.

4. Possible side effects

Benylin Wet Cough Menthol can have side effects.

Not all side effects reported for Benylin Wet Cough Menthol are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using Benylin Wet Cough Menthol, please consult your health care provider for advice.

If any of the following happens, stop using Benylin Wet Cough Menthol and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to Benylin Wet Cough Menthol. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Side effects occurring less frequently:

- diarrhoea, nausea (feeling sick), vomiting (being sick), pain in your stomach area.

Side effects occurring with unknown frequency:

- drowsiness.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online under SAHPRA’s publications:

<http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of Benylin Wet Cough Menthol.

For further information, please contact the Johnson & Johnson call centre on 0860 410032 (landline).

5. How to store Benylin Wet Cough Menthol

- Store at or below 25 °C.
- Store in a cool place.
- Keep the container in the outer carton.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the label / carton.
- Return all unused medicine to your pharmacist.

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