

# PROMEDYL PLUS LINCTUS

Pholcodine / Chlorpheniramine Maleate (10mg/4mg per 5ml)

## What is in this leaflet

1. What Promedyl Plus Linctus is used for
2. How Promedyl Plus Linctus works
3. Before you use Promedyl Plus Linctus
4. How to use Promedyl Plus Linctus
5. While you are using it
6. Side effects
7. Storage and Disposal of Promedyl Plus Linctus
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

## What Promedyl Plus Linctus is used for

Promedyl Plus Linctus is used for the relief of dry and irritating cough.

## How Promedyl Plus Linctus works

Pholcodine works on the cough centre in the brain to control and stop coughing. It has no analgesic (to relieve pain) properties and in general has little sedative activity.

Chlorpheniramine maleate is an antihistamine which works by blocking a certain natural substance (histamine) that your body makes during an allergic reaction. It also helps to dry up the nasal mucosa.

## Before you use Promedyl Plus Linctus

### - When you must not use it

Do not take Promedyl Plus Linctus if you:

- are allergic to any medicine containing pholcodine or chlorpheniramine maleate.
- have liver disease.
- have a very serious breathing problem (respiratory failure).
- are taking or have taken monoamine oxidase inhibitors

## *Use in children*

When Promedyl Plus Linctus is used for treatment of cough and cold, it is not to be used in children less than 2 years of age. It is needed to be used with caution and doctor's or pharmacist's advice in children 2 to 6 years of age.

## *Pregnancy and breastfeeding*

Tell your doctor or pharmacist if you are pregnant or plan to become pregnant or are breastfeeding.

Small amounts of chlorpheniramine are distributed into the breast milk. Use is not recommended in nursing mothers due to risk of adverse effects such as unusual excitement or irritability in infants.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.

Your doctor or pharmacist can discuss with you the risks and benefits involved.

### - Before you start to use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have had any of the following medical conditions:

- glaucoma (high pressure in the eyes)
- liver or kidney disease
- asthma or other breathing problems
- urinary retention (inability to empty bladder completely)
- enlarged prostate

If you have not told your doctor about any of the above, tell him/her before you start taking Promedyl Plus Linctus.

### - Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and Promedyl Plus Linctus may interfere with each other. These include:

- medicines used to treat depression (monoamine oxidase inhibitors, tricyclic antidepressants)
- medicines used to treat behavioral disorders
- medicines used to treat diarrhoea
- medicines used to control anxiety
- alcohol

These medicines may be affected by Promedyl Plus Linctus or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

## How to use Promedyl Plus Linctus

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet.

If you do not understand the directions on your prescription bottle, ask your pharmacist, nurse or doctor to explain the instructions to you.

To ensure that you get a correct dose, measure the liquid mixture with a special dose-measuring spoon or cup, not with a regular household spoon. If you do not have a dose-measuring device, ask your pharmacist where you can get one.

### - How much to use

#### *Children under 2 years:*

Refer to physician.

Children 2 to 12 years:  
2.5ml three times daily.

Adults & Children above 12 years:  
5ml three times daily.

Maximum adult dose is 20ml daily in divided dose.

- When to use it

To be taken undiluted three times daily.

- How long to use it

Continue taking Promedyl Plus Linctus for as long as your doctor recommends.

- If you forget to use it

Take your dose as soon as you remember, and continue to take it as you would normally.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose that you missed. This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Symptoms of overdosing include:

- clumsiness
- severe drowsiness
- severe dryness of mouth, nose or throat

- hallucinations
- trouble in sleeping
- muscle spasms of neck and back
- restlessness
- low blood pressure

**While you are using it**

- Things you must do

Talk to your pharmacist or doctor if your symptoms do not improve. Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine.

- Things you must not do

Do not take Promedyl Plus Linctus to treat any other complaints unless your pharmacist or doctor tells you to.

Do not give your medicine to anyone else, even if they have the same conditions as you.

Do not take more than the recommended dose unless your pharmacist or doctor tells you to.

- Things to be careful of

Be careful if you are driving or operating machinery until you know how Promedyl Plus Linctus affects you.

The medicine may cause drowsiness, dizziness, blurred vision and psychomotor impairment (slowing-down of thought and a reduction of physical movements). If this happens, do not drive or operate machinery.

**Side effects**

Tell your pharmacist or doctor if you do not feel well while you are taking Promedyl Plus Linctus. This medicine helps most people, but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- drowsiness
- thickening of mucous
- blurred vision
- dry mouth
- difficult or painful urination
- confusion
- increased sweating
- loss of appetite
- constipation
- respiratory depression (slow respiratory rate)
- restlessness, nervousness or irritability especially in children and elderly people.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website [portal.bpfk.gov.my](http://portal.bpfk.gov.my) (Consumers →Reporting).

**Storage and disposal of Promedyl Plus Linctus**

- Storage

Keep your medicine in a dry place where the temperature stays below 30°C. Protect from light. Keep container tightly closed.

Do not use Promedyl Plus Linctus after the expiry date which is stated on the carton and on the bottle. The expiry date refers to the last day of the month.

- Disposal

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.

**Date of revision**

26/10/2015

**Serial number**

BPFK(R4/1)300715/00232

**Product description**

- What it looks like

A brown, flavoured syrup.

- Ingredients

- Active ingredients

Each 5ml of Promedyl Plus Linctus contains 10mg Pholcodine and 4mg Chlorpheniramine maleate.

- Inactive ingredients

- Sugar granulated
- Cherry essence
- Citric acid
- Liquid glucose
- Liquid caramel
- Preservative stock solution A (methylparaben, propylparaben in propylene glycol)
- Raspberry essence
- Sodium saccharin
- Chloroform spirit

- MAL number:

MAL20033514A

**Manufacturer**

UPHA PHARMACEUTICAL MFG.  
(M) SDN BHD (53667-M)  
Lot 2&4, Jalan P/7, Section 13,  
Bangi Industrial Estate  
43650 Bandar Baru Bangi,  
Selangor Darul Ehsan.

**Product Registration Holder**

CCM PHARMACEUTICALS SDN  
BHD (27754-W)  
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