

ALLAVIN PLUS EXPECTORANT

Diphenhydramine hydrochloride/Ammonium chloride/Pseudoephedrine hydrochloride (14mg/135mg/30mg per 5ml)

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What Allavin Plus Expectorant is used for

Allavin Plus Expectorant is used to clear chesty cough with nasal congestion.

How Allavin Plus Expectorant works

Diphenhydramine hydrochloride works by blocking a certain natural substance (histamine) that your body makes during an allergic reaction. Its drying effects on symptoms such as watery eyes and runny nose are caused by blocking another natural substance made by your body (acetylcholine).

Ammonium chloride is an expectorant which acts by irritative action on the bronchial (airway) mucosa. This causes the production of excess respiratory tract fluid, decreasing viscosity of sputum which presumably is easier to cough up.

Pseudoephedrine works by causing the blood vessels in the sinuses to tighten, decreasing the swelling of the sinuses and making it easier to breathe.

Before you use Allavin Plus Expectorant

- When you must not use it

Do not take Allavin Plus Expectorant if you:

- are allergic to any medicine containing diphenhydramine, pseudoephedrine or ammonium chloride.
- have heart diseases including ischemic heart disease (reduced blood supply to the heart), coronary artery disease (blood vessels that supply blood to the heart are blocked) and high blood pressure.

Pregnancy and breastfeeding

Do not take Allavin Plus Expectorant if you are pregnant, trying to get pregnant or think you may be pregnant.

This medication is distributed in breast milk. Use by nursing mother is not recommended. Ask your doctor or pharmacist for advice before taking any medicine.

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 pharmacist or doctor.

- Before you start to use it

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

If you are sensitive to other sympathomimetics such as albuterol, amphetamines, ephedrine, terbutaline and epinephrine, you may be sensitive to this medication too.

Do not give this medication to premature infants or newborns.

Do not use this medicine in children under 2 years of age.

This medicine should be used with caution and doctor's or pharmacist's advice in children 2 to 6 years of age.

For elderly, please inform your doctor if you have prostatic hypertrophy (enlargement of prostate gland).

- Taking other medicines

Tell your pharmacist the medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and Allavin Plus Expectorant may interfere with each other. These include:

- medicines or substances that depress central nervous system such as alcohol, barbiturates, hypnotics, sedatives, tranquilisers
- medicines used to treat high blood pressure such as beta blockers
- medicines used to relieve pain such as cocaine
- monoamine oxidase inhibitors (medicines used to treat depression) eg, furazolidone, procarbazine, selegiline. This medication should not be administered during or within 14 days following administration of MAOIs.

These medicines may be affected by Allavin Plus Expectorant or may affect how well it works.

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

How to use Allavin Plus Expectorant

Follow all directions given to you by your pharmacist or doctor 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.

- How much to use

For adult and children above 12 years old

10ml three times daily.

For children 4-12 years old

2.5ml to 5ml three times daily.

For children 2-3 years old

As directed by physician

- When to use it

To be taken three times daily, if required.

Use as directed by your doctor or pharmacist.

- How long to use it

Cough or cold medicine is usually taken only for a short time until your symptoms clear up.

Continue taking Allavin Plus Expectorant for as long as your doctor recommends.

- If you forget to use it

If you are taking Allavin Plus Expectorant regularly, take the missed dose as soon as you remember.

If it is almost time for your next dose, skip the missed dose and take the medicine at your next regularly schedule time. Do not take extra medicine to make up the missed dose.

- If you use too much (overdose)

Seek emergency medical attention if you think you have used too much of this medicine.

In infants and children, central nervous system stimulation predominates over central nervous system depression, causing ataxia (abnormal and uncoordinated movement), excitement, tremors, psychoses (mental illness that causes loss of contact with reality), hallucinations, convulsion (seizure) and hyperpyrexia (abnormally high fever). Deepening coma and cardiorespiratory

collapse (sudden cessation of heart and lung functions) may follow.

In adults, central nervous system depression is more common with drowsiness, coma and convulsions, progressing to respiratory failure or possibly cardiovascular collapse (sudden cessation of heart function).

Large doses of ammonium chloride may cause a profound acidosis (increased acidity in blood and other body tissues) and hypokalaemia (potassium level in the blood lower than normal).

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.

Tell all the doctors, dentists or pharmacists treating you that you are taking Allavin Plus Expectorant.

Tell your doctor immediately if you become pregnant while taking this medicine.

- Things you must not do

Do not drink alcohol. It can increase some of the side effects of this medicine.

Do not use any other over-the-counter cough, cold or allergy medication without first asking your doctor or pharmacist. If you take certain products together you may accidentally take too much of this medicine. Read the label of any other medicine that you are using to see if it contains diphenhydramine, pseudoephedrine or ammonium chloride.

Do not take this medicine 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.

- Things to be careful of

Allavin Plus Expectorant can cause side effects that may impair your thinking or reactions. Be careful if you drive, operate machinery or do anything that requires you to be awake and alert.

Avoid drinking alcohol. It can increase some of the side effects of Allavin Plus Expectorant.

Side effects

Tell your pharmacist or doctor if you do not feel well while you are taking Allavin Plus Expectorant. 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 list of side effects. You may not experience any of them.

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

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

- Lassitude (lack of energy)
- drowsiness
- dizziness
- incoordination
- dry mouth
- thickening of mucous
- tightness of chest
- blurred vision
- difficulty or painful urination
- constipation
- increased gastric influx
- abnormally rapid heart rate or irregular heart rate
- nervousness, restlessness
- trouble in sleeping

All the side effects above can be caused by antihistamines and pseudoephedrine. Ammonium chloride salts are irritant to gastric mucosa and may produce nausea and vomiting particularly in large dose.

This is not the complete list of side effects.

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 (Consumers →Reporting).

Storage and disposal of Allavin Plus Expectorant

- Storage

Keep the medicine in a cool dry place where the temperature stays below 30°C. Protect from light. Keep it where children cannot reach it.

- 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.

Product Description

- What it looks like

A flavoured red syrup.

- Ingredients

- Active ingredients
Each 5ml contains Ammonium chloride 135mg, Diphenhydramine hydrochloride 14mg and Pseudoephedrine hydrochloride 30mg.

- Inactive ingredients

- Chloroform spirit
- Liquid glucose
- Cherry red carmoisine
- Strawberry flavour

- Blackcurrant flavor
- Sugar
- Methylparaben
- Propylparaben
- Trisodium citrate
- Menthol
- Propylene Glycol
- Deionised water
- Saccharin sodium

- MAL number:

MAL05012316AC

Manufacturer

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

CCM PHARMACEUTICALS SDN
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