

DIPHENDRYL EXPECTORANT

Diphenhydramine Hydrochloride/Ammonium Chloride (14mg/135mg per 5ml)

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What Diphendryl Expectorant is used for

Diphendryl Expectorant is indicated for the relief of cough and stuffy nose due to common cold, flu, allergy or airway inflammation.

How Diphendryl Expectorant works

Diphenhydramine hydrochloride is an antihistamine with drying and sedative side effects. It works by blocking a certain natural substances (histamine) that your body makes during an allergic reaction.

Ammonium chloride acts by reflexing and irritating the gastric layer. This increases the volume of secretions in the respiratory tract; reduce thickness of phlegm which presumably is easier to cough up.

Before you use Diphendryl Expectorant

-When you must not use it

Do not take Diphendryl Expectorant if you:

- are allergic to diphenhydramine or ammonium chloride or any ingredients of this product.
- are breast-feeding.
- are a children with less than 2 years of age.
- are taking Monoamine oxidase inhibitors (MAOI), or within 14 days of taking them.
- are allergic to similar medicine

Ask your doctor or pharmacist for advice before taking any medicine.

-Before you start to use it:

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

Tell your doctor or pharmacist if you are pregnant or planning to get pregnant or are breastfeeding.

When used for treatment of cough and cold:

- a) Not to be used in children less than 2 years of age.
- b) To be used with caution and doctor's / pharmacist's advice in children 2 to 6 years of age.

Tell your doctor if you have the following:

- A sudden rise in pressure of the eye.
- Holes in the lining of the stomach or duodenum.
- Overactive thyroid glands.
- Heart and blood vessels disease.
- High blood pressure.
- Asthma.
- Gastric outlet and duodenum obstruction.

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

-Taking other medicines:

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. Your doctor may need to change the dose of the other medications or take other precautions. In some cases you may have to stop taking one of the medicines. This applies especially to the medicines listed below taken at the same time with Diphendryl Expectorant:

- Tranquilizers.
- Sedative-hypnotics
- Central Nervous System (CNS) depressants including alcohol.
- MAO inhibitors.

How to use Diphendryl 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 instruction to you.

-How much to use:

Adults: 5 to 10ml

Children over 2 years old: 2.5ml to 5ml or as prescribed by a physician.

-When to use it:

To be taken 3 to 4 times daily, if required.

-How long to use it:

Keep taking the expectorant for as long as you have been told unless you have any problems. In that case, check with your doctor.

-If you forget to use it:

If you forget to take a dose, do not worry. Take it as soon as you remember then carry on as before. If you do not take your dose on one day, take your normal dose on the next day. Do not take a double dose to make up for forgotten individual doses.

-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.

The signs and symptoms of overdose include:

- Central Nervous System (CNS) depression – drowsiness, sedation, diminished mental alertness, heart and sudden loss of blood flow to the brain and other organs.
- CNS stimulation – sleeping difficulty, excitement, hallucinations (hear, smell, taste or feel things that do not exist), incoordination, involuntary writhing movements, shaking, convulsion.
- May include dizziness, ringing in the ears, blurred vision, and low blood pressure.
- CNS stimulation followed by dry mouth, fixed dilated pupils, fever flushing, gastrointestinal disturbances are particularly likely in children.

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While you are using Diphendryl Expectorant

-Things you must do

Talk to your pharmacist or doctor if your symptoms do not improve. Your pharmacist or doctor will evaluate 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 Diphendryl Expectorant.

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

-Things you must not do

This medicine has been prescribed for you. Never give it to someone else. It may not be the right medicine for them even if their symptoms seem to be the same as yours.

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

-Things to be careful of

- Diphendryl 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 diphenhydramine.

Side effects

Tell your doctor or pharmacist if you do not feel well while you are taking Diphendryl 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 no. 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.

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

- **Cardiovascular** : Low blood pressure, headache, feeling of strong

heart pounding, increased heartbeat, premature contraction of the heart.

- **Hematological** : Abnormal breakdown of red blood cells, low platelet count and white blood cell deficiencies.
- **Central Nervous System** : Sedation, sleepiness, dizziness, disturbed coordination, fatigue, confusion, restlessness, excitation, nervousness, shaking, irritability, sleeping difficulty, intense happiness, prickling or tingling sensation, feeling of spinning or swaying, ringing in the ears, acute labyrinthitis (inflammatory disorder of the inner ear), inflammation of the nerves, and convulsion.
- **Ophthalmic** : Blurred vision, double vision.
- **Gastrointestinal** : Epigastric distress, loss of appetite, nausea, vomiting, diarrhea, constipation.
- **Genitourinary** : Urinary frequency, difficult urinating, early menses.
- **Respiratory** : Thickening of airway secretions, tightness in the chest and wheezing, nose stuffiness.
- **Dermatological** : Hives/ skin rash and oversensitive to light.
- **Others** : Chills, dry mouth, nose and throat.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835549, or visiting the website npra.moh.gov.my (Public → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI))

Storage and disposal of Diphendryl Expectorant

Storage:

Store in a dry place below 30°C. Protect from light. Keep out of reach of children.

Disposal:

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose medicine no longer required. These measures will help to protect the environment.

Product description

-What it looks like:

A dark brown coloured solution with a raspberry taste and menthol odour.

-Ingredients:

-Active Ingredients:

Diphenhydramine Hydrochloride and Ammonium Chloride

-Inactive Ingredients:

Citric acid anhydrous, xanthan gum, glycerin, sodium citrate, sodium benzoate, sodium saccharin, sorbitol, raspberry flavor, caramel, menthol and purified water.

-MAL No.:

MAL19871725AZ

Manufacturer and Product Registration Holder

Royce Pharma Manufacturing Sdn. Bhd.
PT 1663, Nilai Industrial Estate, 71800 Nilai, Negeri Sembilan, Malaysia.

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