

# NILCO SYRUP

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

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## What Nilco Syrup is used for

Nilco Syrup is used for the relief of cough and nasal stuffiness, sneezing, watery eyes and bronchial (airway) congestion.

## How Nilco Syrup works

The active ingredients in this medicine are diphenhydramine hydrochloride and ammonium chloride.

Diphenhydramine is an antihistamine which works by blocking the action of histamine, a substance in the body that causes allergic symptoms. It has sedative effect.

Ammonium chloride is used as an expectorant. It helps loosen up phlegm making it easier to cough it up.

## Before you use Nilco Syrup

### When you must not use it

Do not take Nilco Syrup if you have an allergy to diphenhydramine, ammonium chloride, or any of the ingredients listed in formulation.

Do not give Nilco Syrup to a child under 2 years of age without medical advice.

Use with caution on the advice of doctor or pharmacist for children aged 2 to 6 years.

Do not take Nilco Syrup if the expiry date (EXP) printed on the pack has passed.

If you are not sure whether you should start taking Nilco Syrup contact your doctor or pharmacist.

## *Pregnancy and lactation*

Do not take Nilco Syrup if you are pregnant, trying to get pregnant or think you may be pregnant.

Do not take Nilco Syrup if you are breast-feeding. Small amounts of diphenhydramine are excreted in breast milk. Therefore use is not recommended in nursing mothers due to risk of adverse effects such as unusual excitement or irritability in infants.

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 or have had any medical conditions, especially the following:

- epilepsy
- bladder problems (urinary retention)
- liver disease
- porphyria (disorders that can cause nerve or skin problems)
- glaucoma (increased pressure inside the eye)
- breathing problems (eg. asthma)
- persistent cough
- severe cardiovascular (involving the heart or blood vessels) disorders

## *Use in elderly*

Dizziness, sedation, confusion and low blood pressure, dryness of mouth and urinary retention may be more likely to occur in elderly taking antihistamines.

## *Taking other medicines*

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

Some medicines may interfere with Nilco Syrup. These include:

- central nervous system depressants such as alcohol, barbiturates, hypnotics, opioid pain killer, anxiolytic sedatives and neuroleptics.
- monoamine oxidase inhibitors (antidepressant) including furazolidone, pargyline and procarbazine.
- ototoxic medications (medications that cause damage to hearing) such as

aminoglycosides, frusemide, erythromycin and salicylates.

- Temazepam

Consult your doctor or pharmacist if you are on other medications that are not listed above.

## How to use Nilco Syrup

### How much to use

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 instructions on the label, ask your doctor or pharmacist for help.

Diphenhydramine Hydrochloride is given by mouth in usual doses of 25mg to 50mg three or four times daily.

Adults: 10mL to 15mL

Children over 2 Years: Half to 1 teaspoonful (2.5mL to 5mL) or a total daily dose of 5mg/kg body weight may be given in divided doses, up to a maximum of 300mg daily.

To be taken three or four times daily.

The maximum dose in adults and children is about 300mg daily.

### When to use it

Use as directed by your doctor or pharmacist.

### How long to use it

Continue taking Nilco Syrup for as long as your doctor recommends.

### If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

### 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

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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 overdose are:

- Impaired consciousness
- Psychosis (mental illness)
- Seizures
- Dilatation of the pupil
- Rapid heart rate
- Respiratory failure

## While you are using it

### Things you must do

Take your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking Nilco Syrup.

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

### Things you must not do

Do not stop taking the medicine unless advised by your doctor.

Do not take any new medicines without consulting your doctor.

Do not give Nilco Syrup to anyone else, even if they have the same symptoms or condition as you.

### Things to be careful of

#### Driving and using machines

This medicine may affect your ability to drive or use machines. If it makes you feel drowsy, do not drive or use machines and contact your doctor immediately.

Avoid alcohol and alcoholic beverages.

## Side effects

Like all medicines, Nilco Syrup can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

Side effects that may occur are:

- Sedation

- Tiredness
- Dizziness
- Insomnia (unable to sleep)
- Nervousness
- Euphoria
- Irritability
- Tremors
- Nightmares
- Hallucinations
- Dry mouth
- Blurred vision
- Constipation
- Increased heart rate
- Nausea
- Vomiting

This is not a complete list of side effects. Contact your doctor or pharmacist if you experience any 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](http://portal.bpfk.gov.my) (Consumers → Reporting).

## Storage and disposal of Nilco Syrup

### Storage

Keep out of the reach and sight of children.

Keep container tightly closed in a dry place, below 25°C and protect from light.

### 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

Clear, mobile, reddish brown liquid, with odour of peppermint.

### Ingredients

Active ingredients

Every 5ml contains

Ammonium chloride 135mg and

Diphenhydramine hydrochloride 14mg

Inactive ingredients:

Menthol, Propylene Glycol, liquid caramel, Liquid Sorbitol, Granular sugar,

Saccharine Sodium, Carmellose, Carboxymethylcellulose sodium, peppermint oil, Anhydrous Citric Acid, Purified Water, Sodium Benzoate and Glycerin.

### MAL number

MAL 20021006AZ

## Manufacturer

Idaman Pharma Manufacturing Sdn Bhd (661901-P)

Lot 24 & 25, Jalan Perusahaan Lapan, Bakar Arang Industrial Estate, 08000 Sungai Petani, Kedah Darul Aman, Malaysia

## Product Registration Holder

Idaman Pharma Manufacturing Sdn Bhd (661901-P)

Lot 24 & 25, Jalan Perusahaan Lapan, Bakar Arang Industrial Estate, 08000 Sungai Petani, Kedah Darul Aman, Malaysia

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