

UPHA VAPOUR RUB

Camphor / Turpentine Oil / Eucalyptus Oil / Nutmeg Oil / Cedar Wood / Thymol/Menthol
(5.25% w/w / 4.77% w/w / 1.35% w/w / 0.48% w/w / 0.45% w/w / 0.10% w/w / 2.82% w/w)

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What Upha Vapour Rub is used for

Upha Vapour Rub provides symptomatic relief from nasal congestion, cough, muscular aches and pains caused by common cold or flu.

Ask your doctor if you have any questions about why this medicine has been prescribed for you. Your doctor may have prescribed this medicine for another reason.

How Upha Vapour Rub works

Upha Vapour Rub gives a sensation of warmth and relief when it is rubbed on the chest and back. It gives clear and easy breathing.

Before you use Upha Vapour Rub

- When you must not take it

Do not use Upha Vapour Rub if you are allergic to any of the ingredients listed at the end of this leaflet.

Do not use this medicine if you have wounds or damaged skin.

This medicine is not recommended for use in children below 2 years of age.

Do not use 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 using this medicine, talk to your doctor.

- Before you start to use it

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

Older children should exercise caution when using Upha Vapour Rub.

- Taking other medicines

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

Some medicines may interact with Upha Vapour Rub. Your doctor or pharmacist has more information on medicines to be careful with or avoid while using Upha Vapour Rub.

How to use Upha Vapour Rub

- How much to use

Apply ointment on the chest and back when necessary. For deeper relief, add a small amount of Upha Vapour Rub to a bowl of hot (not boiling) water and inhale the vapour.

For external use only.

- When to use it

Use Upha Vapour Rub as needed.

- How long to use it

Use Upha Vapour Rub as needed.

- If you forget to use it

If you forget to apply the medicine, you can apply it as soon as you remember.

- 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.

While you are using it

- Things you must do

Always follow your doctor's instructions carefully.

- Things you must not do

Do not give Upha Vapour Rub to anyone else, even if they have the same condition as you.

Do not use Upha Vapour Rub to treat any other complaints unless your doctor tells you to.

- Things to be careful of

Avoid contact with the eyes.

It is dangerous to place any camphor containing products into the nostril of children. A small amount applied this way may cause immediate collapse.

Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Ask for the advice of your doctor or pharmacist if you have any concerns about the effects of using this medicine.

You may experience skin irritation or sensitization.

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 Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

Storage and Disposal of Upha Vapour Rub

- Storage

Keep the medicine in a dry place where the temperature stays below 30 degrees C. Protect from light.

Do not store UphaVapour Rub or any other medicine in the bathroom or near a sink.

Do not leave it in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep Upha Vapour Rub where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

- Disposal

Ask your pharmacist what to do with any medicine you have left over if your doctor tells you to stop using them, or you find that the expiry date has passed.

Product Description

- What it looks like

A white homogeneous ointment.

- Ingredients

- Active ingredient:

- Camphor
- Turpentine Oil
- Eucalyptus Oil
- Nutmeg Oil
- Cedar Wood
- Thymol
- Menthol

- Inactive ingredients:

- Hard paraffin
- White soft paraffin

- MAL number

MAL19912643X

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

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.

Date of Revision

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