



Information for the user

Allergy Relief 4 mg Tablets (Chlorphenamine Maleate)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a doctor if your symptoms worsen or do not improve
- If any of the side effects get serious, or you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

What this medicine is for

This medicine contains Chlorphenamine Maleate which belongs to a group of medicines called antihistamines, which act to relieve the symptoms of allergies.

It can be used to relieve the symptoms of allergic reactions including hayfever, raised, red itchy skin (symptoms of urticaria, which is often known as hives or nettle rash), allergic reactions to foods or medicines, insect bites, runny nose, swelling of the face or throat due to fluid build up and itching caused by chickenpox.

Before you take this medicine

This medicine can be taken by adults and children aged 6 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients, or any other antihistamines
- **If you are taking monoamine oxidase inhibitors** (for depression) or have taken them within the last 14 days
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains lactose)
- **If you are pregnant or breastfeeding**

! Talk to your pharmacist or doctor:

- If you have epilepsy
- If you have liver or kidney problems
- If you have heart problems, severe high blood pressure
- If you have asthma, bronchitis or other lung problems
- If you have raised pressure in your eye (glaucoma)
- If you are a man with prostate problems

Other important information

Driving and using machines: This medicine may cause drowsiness, dizziness or blurred vision. You should not drive or operate machinery until you are sure you are not affected.

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine.

If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Other antihistamines, including those in cough and cold medicines, that make you sleepy
- Sleeping tablets, medicines for anxiety, antidepressants
- Phenytoin (for epilepsy)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

| Age | How many to take | How often to take it |
|--|------------------|---|
| Adults and children of 12 years and over | One | Every four to six hours. Don't take more than 6 tablets in 24 hours. |
| Children of 6 to 11 years | Half a tablet | Every four to six hours. Don't give more than 6 half tablets in 24 hours. |

If you are elderly your doctor or pharmacist may advise you to take fewer tablets. If this applies to you follow their instructions.

Swallow the tablet with a drink of water.

Do not give to children under 6 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

- ! If you take too many tablets:** Talk to a doctor straight away. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some of these.

! If you get any of these serious side effects, stop taking the medicine. See a doctor at once:

- Difficulty breathing, swelling of the face, lips, tongue or throat (severe allergic reaction)

If you get any of the following side effects see your pharmacist or doctor:

- Drowsiness which may cause you to fall asleep, sleepiness, feeling tired
- Lack of concentration, dizziness, headache, blurred vision
- Feeling sick, being sick, dry mouth, heartburn, diarrhoea, stomach pain
- Loss of appetite, difficulty in passing urine, ringing in the ears
- Other allergic reactions including skin peeling, itchy red skin rash, sensitivity to sunlight
- Changes in heart rate, palpitations, low blood pressure (you may feel faint), tightness of the chest
- Thickened bronchial secretions (which may cause a cough or phlegm)
- Liver problems including hepatitis and jaundice (yellowing of the skin and eyes)
- Blood problems such as anaemia
- Muscle weakness, twitching, lack of co-ordination
- Depression, irritability, nightmares
- Confusion in the elderly
- Hyperactivity in children

Very young children and elderly adults may be more likely to have some of these side effects.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

How to store this medicine

Do not store above 25°C. Store in the original package.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

Each tablet contains Chlorphenamine Maleate 4 mg which is the active ingredient.

As well as the active ingredient, the tablets also contain lactose, potato starch, magnesium stearate, quinoline yellow (E104).

This pack contains 30 or 60 round, pale yellow, uncoated tablets debossed with a “B”, break line and “L” on one side, and 4 on the other side.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder by Bristol Laboratories Ltd Unit 3 Canalside Northbridge Road Berkhamsted Herts HP4 1EG.

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

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