

RHINOSTOP TABLETS

Rhinostop Tablets is used for the fast, effective temporary relief of sinusitis symptoms including sinus headache, sinus pain, and nasal congestion. Reduces fever.

Rhinostop Tablets contain the active ingredients paracetamol, Chlorpheniramine Maleate and Phenylephrine hydrochloride.

Paracetamol works to stop the pain messages from getting through to the brain. It also acts in the brain to reduce fever.

Phenylephrine hydrochloride belongs to a group of medicines called sympathomimetic decongestants.

It works by reducing congestion in the upper respiratory tract, including the nose, nasal passages and sinuses, and making it easier to breathe.

Chlorpheniramine Maleate is an antihistamine that reduces the effects of natural chemical histamine in the body. It is used to treat runny nose, sneezing, itching and watery eyes caused by allergies, the common cold, or the flu.

Ask your pharmacist or doctor if you have any questions about this medicine.

Your pharmacist or doctor may have given it for another reason.

This medicine is not addictive.

It is only available from your pharmacist.

Do not take Rhinostop Tablets if you have an allergy to:

- any medicine containing paracetamol, Phenylephrine Hydrochloride or Chlorpheniramine Maleate
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- Shortness of breath
- Wheezing or difficulty breathing
- Swelling of the face, lips, tongue or other parts of the body
- Rash, itching or hives on the skin

Do not take this medicine if you:

- have high blood pressure
- have heart disease or problems with your blood vessels
- have kidney disease unless your doctor says you can
- have taken monoamine oxidase inhibitors, medicines used to treat depression, in the last 14 days.
- are taking other medicines such as decongestants, appetite suppressants and amphetamine like psychostimulants.

Do not give to children under 12 years of age

Do not take this medicine if you are pregnant or plan to become pregnant.

It may affect your developing baby if you take it during pregnancy. Your pharmacist or doctor will discuss the benefits and possible risks of taking the medicine during pregnancy.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

Rhinostop may interfere with each other. These include:

- Warfarin, a medicine used to prevent blood clots
- Metoclopramide, a medicine used to control nausea and vomiting
- Medicines used to treat epilepsy or fits
- Chloramphenicol, an antibiotic used to treat ear and eye infections
- Alcohol
- Medicines used to treat depression
- Medicines used to treat heart conditions
- Medicines used to treat high blood pressure
- Medicines used to treat urinary tract infections and bladder problems
- Medicines used to treat behavioral disorder
- Phenylephrine, a medicine used to treat congestion
- Appetite suppressants
- Other decongestants or cough and cold medicines

These medicines may be affected by Rhinostop or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

How to take Rhinostop Tablets

Adults and children 12 years and over: Take 2 tablets by mouth with water. Do not take more than 8 Tablets in 24 hours.

Do not take more than the recommended dose.

Children aged 12 to 17 years:

Do not take for more than 48 hours except on medical advice.

Do not use in children below 12 years of age.

If you forget to take it

If it is less than 1 hour before your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for dose that you missed.

While you are using Rhinostop Tablets

Avoid drinking alcohol (beer, wine or spirits) while taking Rhinostop

This medicine may cause dizziness in some people. If this happens, do not drive, use or operate machinery.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking Rhinostop

This medicine helps most people with the relief of sinusitis symptoms including sinus headache, sinus pain, and nasal congestion but there may be 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.

- Nausea or dyspepsia
- Drowsiness
- Difficulty sleeping
- Nervousness
- Agitation
- Restlessness
- Dizziness
- Fear or anxiety
- Rapid heart beat
- Tremor
- Increased blood pressure
- Hallucinations
- Trouble urinating (more likely to occur if you have enlarged prostate)

If any of the following happen, stop using the product, tell your pharmacist or doctor immediately or go to Accident and Emergency at your nearest hospital:

- Shortness of breath
- Wheezing or difficulty breathing
- Swelling of the face, lips, tongue or other parts of the body
- Rash, itching or hives on the skin
- Unexplained bruising or bleeding
- Rapid or irregular heartbeat
- Urinary retention
- Severe headache

The above list includes very serious side effects. You may need urgent medical attention or hospitalization.

These side effects are very rare for low doses of this medicine and when used for a short period of time.

Ingredients

Rhinostop Tablets contain 500 mg of Paracetamol, 4mg of Chlorpheniramine Maleate and

5 mg of Phenylephrine Hydrochloride as active ingredients.

It also contains:

- Talc
- Starch
- Lactose
- Magnesium Stearate
- Povidone K 30
- Alcohol 95%

Shelf life: 3 years