

**Package leaflet: Information for the patient**  
**Rinsidin Mouthwash**  
Hexetidine

**Read all of this leaflet carefully before you start using this product because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet**

1. What Rinsidin is and what it is used for
2. What you need to know before you use Rinsidin
3. How to use Rinsidin
4. Possible side effects
5. How to store Rinsidin
6. Contents of the pack and other information

**1. What Rinsidin is and what it is used for**

Rinsidin mouthwash contains Hexetidine, which is an antibacterial and antifungal and is used to help treat throat and mouth infections, including mouth ulcers, thrush, sore or bleeding gums (called gingivitis), bad breath (halitosis) or sore throat. It can also be used before and after dental surgery to help prevent infections.

**2. What you need to know before you use Rinsidin**

This product is suitable for most people, but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

**Do not use Rinsidin**

If you have ever had a bad reaction to Rinsidin or any of its ingredients. If this applies to you, get advice from your doctor or pharmacist without using Rinsidin.

**Pregnancy and breast-feeding**

Ask your doctor or pharmacist for advice before using Rinsidin if you are pregnant or breast-feeding.

**Rinsidin contains methyl paraben**

May cause allergic reactions (possibly delayed).

### 3. How to use Rinsidin

Check the table below to see how much product to use.

#### Children under 12 years old:

Rinsidin is not recommended for children under 12 years of age.

#### Adults and Children aged 12 years and over:

Age	Dose
Adults and children aged 12 years and over	Rinse the mouth or gargle for 30 seconds with at least 15 ml (approx. 1 tablespoonful) of undiluted Rinsidin or massage the gums with a cotton wool soaked in Rinsidin two to three times daily or as otherwise directed.
Do not swallow  Shake well before use  If symptoms persist discontinue use and talk to your doctor or dentist.	

#### If anyone accidentally swallows this product

If anyone accidentally swallows this product, contact a doctor.

#### If you forget to use the product

Use the next dose as soon as you remember unless it is time to use it again. Do not use a double dose to make up for a forgotten dose.

#### Possible side effects

Rinsidin can have side effects, like all medicines, although these don't affect everyone and are usually mild. If you experience the following, stop using the product and talk to your doctor:

- Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing
- Allergic reactions including itchy rash
- Irritation, tingling or numbness of the tongue and/or tissues inside the mouth
- Shortness of breath
- Cough

- Dry mouth
- Feeling sick (nausea)
- Sickness (vomiting)
- Salivary gland enlargement
- Taste disturbance or loss of taste
- Pain, swelling, redness or heat
- Tongue or tooth discoloration
- Blistering or ulceration

If you get any side effects, talk to your doctor or pharmacist.

### **Reporting of side-effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. By reporting side effects you can help provide more information on the safety of this product.

### **4. How to store Rinsidin**

- Keep this product out of the sight and reach of children.
- Do not use this product after the expiry date which is stated on the outer carton and bottle. The expiry date refers to the last day of that month.
- Use within 6 months of opening.
- Do not store above 30°C. Keep away from humidity.
- Store in the original package.

### **5. Contents of the pack and other information**

#### **What Rinsidin contains**

- The active ingredient is: Hexetidine 0.1 g/100 ml
- Other ingredients are: Propylene glycol, methyl paraben, polysorbate 60, phosphoric acid, methol/eucalyptus aroma, sucralose

#### **What Rinsidin looks like and contents of the pack**

Rinsidin is a clear transparent solution available in 150 ml bottle. It contains 0.1 g of the active ingredient in every 100 ml of product.

Rinsidin is available in a bottle of 150 ml.

**Marketing Authorisation Holder and Manufacturer**

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