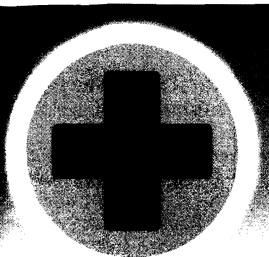


Day Nurse Capsules



Please read right through this leaflet before you start using this medicine.

This medicine is available without prescription, but you still need to use Day Nurse Capsules carefully to get the best results from them.

- Keep this leaflet you may need to read it again.
- If you have any further questions, ask your pharmacist.

In this leaflet:

1. What Day Nurse Capsules do
2. Check before you take Day Nurse Capsules
3. How to take Day Nurse Capsules
4. Possible side effects
5. How to store Day Nurse Capsules
6. Further information

1. What Day Nurse Capsules do

Day Nurse Capsules are used for the day-time relief of the major symptoms of **colds, chills and influenza**.

The medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Pseudoephedrine hydrochloride is a decongestant which opens the airways, helping you breathe more easily. Pholcodine is a cough suppressant that helps relieve dry or tickly coughs.

2. Check before you take Day Nurse Capsules



Do not take Day Nurse Capsules:

- if you have ever had an allergic reaction to paracetamol, pseudoephedrine hydrochloride, pholcodine or any of the other ingredients (listed in Section 6)
- if you have **high blood pressure** (particularly if due to a tumour near the kidney), **hyperexcitability**, **overactive thyroid**, **enlarged prostate**, **heart**, **kidney** or **liver problems**, **diabetes**, **glaucoma**, **bronchitis** or other similar **respiratory problems**
- if you have taken **monoamine oxidase inhibitors (MAOIs)** prescribed for **depression** in the **last two weeks**
- for **more than 7 days** unless your doctor tells you to
- if you are **under 12 years**.

Do not take with any other paracetamol-containing products.

Do not take with any other flu, cold or decongestant product.



If you are taking other medicines

Please talk to your doctor or pharmacist before taking these capsules if you are taking any prescribed medicines; particularly **digoxin** (for **heart problems**); **metoclopramide** or **domperidone** (for **nausea** [feeling sick] or **vomiting** [being sick]); **colestyramine** (to **lower blood cholesterol**); medicines for **high blood pressure**; medicines which make you **drowsy**; medicines for **anxiety** or to **help you sleep**. If you take **blood thinning drugs (anticoagulants e.g. warfarin)** and you need to take a pain reliever on a daily basis, **talk to your doctor** because of the risk of bleeding. But you can still take **occasional doses** of Day Nurse Capsules at the same time as anticoagulants.



Pregnancy and breast feeding

Do not take Day Nurse Capsules if you are pregnant or breast feeding.

3. How to take Day Nurse Capsules



Adults and children aged 12 years and over:
Swallow 2 capsules every 4 hours as needed.
Do not take more than 8 capsules in 24 hours.



- **Do not take more than 3 doses in any 24 hours if you also want to take a night-time dose of a paracetamol-containing product at bedtime.**
- **Do not take for more than 7 days.**
- **Do not take more than the recommended dose.**

If you take too many capsules

Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage.

If your symptoms persist, **see your doctor.**

4. Possible side effects

Like all medicines Day Nurse Capsules can have side effects, but not everyone gets them:

The following side effects may occur. **Tell your doctor or pharmacist** if you get them.

- Nausea [feeling sick], vomiting [being sick], stomach pain, diarrhoea or constipation.
- Headache, blurred vision, ringing in the ears.
- Irritability, sleep disturbance, loss of appetite.
- Difficulty in passing urine, rapid heart rate, shaking, skin rashes and severe allergic reactions such as a tingling sensation, breathing difficulties and swelling of the face, lips and throat.

If you do get any side effects, even those not mentioned in this leaflet, tell your doctor or pharmacist.

5. How to store Day Nurse Capsules

Keep out of the reach and sight of children.

Do not take this medicine after the 'EXP' date shown on the pack.

6. Further information

Active ingredients Paracetamol 500mg, Pseudoephedrine Hydrochloride 30 mg and Pholcodine 5 mg.

Other ingredients Sodium starch glycollate, magnesium stearate (E 572), sodium lauryl sulphate, gelatin and colours quinoline yellow (E 104), allura red (E 129), titanium oxide (E 171) and printing ink Opacode Black (containing shellac (E 904), iron oxide (E 172) and propylene glycol).

Allura red is an azo dye that may cause allergic reactions.

Packs of Day Nurse Capsules contain 20 capsules.

The marketing authorisation holder is GlaxoSmithKline Consumer Healthcare, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.

The manufacturer is Hamol, Nottingham, NG90 2DB, U.K.

This leaflet was last revised in May 2009.

Day Nurse is a registered trade mark of the GlaxoSmithKline group of companies.

