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Paracetamol, Promethazine, Dextromethorphan

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

This medicine is available without prescription, but you still need to use Night 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 Night Nurse Capsules do
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## 1. What Night Nurse Capsules do

Night Nurse Capsules are used for the night-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. Promethazine hydrochloride is an antihistamine which dries up a runny nose and aids restful sleep. Dextromethorphan hydrobromide is a cough suppressant that helps relieve dry or tickly coughs.

## 2. Check before you take Night Nurse Capsules

### Do not take Night Nurse Capsules:

- if you have ever had an allergic reaction to paracetamol, promethazine hydrochloride, dextromethorphan hydrobromide or any of the other ingredients (listed in Section 6).
- if you have a chest infection, worsening asthma or severe respiratory problems.
- if you are taking or have taken monoamine oxidase inhibitors (MAOIs) prescribed for depression in the last two weeks.
- if you are having a pregnancy test carried out on your urine.

**Do not take anything else containing paracetamol while taking this medicine.**  
**Do not take with other cough or cold medicines, or any other products containing antihistamines, including those used on your skin.**

### Take special care with Night Nurse Capsules:

- Do not drink alcohol while using Night Nurse Capsules.
- If your symptoms are accompanied by a high temperature, skin rash or persistent headache, see your doctor.

### Driving and operating machinery

This medicine can affect your ability to drive as it may cause drowsiness, dizziness, difficulty concentrating, movement difficulties or blurred vision. If affected do not drive or operate machinery.

- Do not drive while taking this medicine until you know how it affects you.
- It may be an offence to drive when taking this medicine.
- However, you would not be committing an offence if the medicine has been taken to treat a medical or dental problem, and you have taken it according to the information provided with the medicine, and it was not affecting your ability to drive safely.

Talk to your doctor or pharmacist if you are not sure whether it is safe for you to drive while taking this medicine. Details regarding a new driving offence concerning driving after drugs have been taken in the UK may be found here: [www.gov.uk/drug-driving-law](http://www.gov.uk/drug-driving-law).

### Ask your doctor before you take this medicine:

- if you have been told by your doctor you have an intolerance to some sugars.
- if you have heart, kidney or liver problems.
- if you have glaucoma, epilepsy, difficulty passing urine, or prostate problems.
- if you have chronic or persistent cough accompanied by excessive phlegm or respiratory problems.
- if you are elderly and suffer from confusion.

### 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 metoclopramide or domperidone (for nausea or vomiting); colestyramine (to lower blood cholesterol); medicines which give you blurred vision, a dry mouth or make you drowsy; blood thinning drugs (anticoagulants e.g. warfarin); quinidine or amiodarone (to control your heart rhythm); medicines for anxiety or depression (e.g. selective serotonin reuptake inhibitor (SSRI) or tricyclic antidepressant) or to help you sleep.

### Pregnancy and breast-feeding

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

## 3. How to take Night Nurse Capsules

Adults aged 16 years and over:  
Take 2 capsules just before bedtime with a drink of water.

- Do not give to children under 16 years of age.
- Do not take Night Nurse Capsules if you have already taken 4 doses of a paracetamol-containing product during the day.
- Only take one dose of Night Nurse Capsules per night.
- Do not take more than the recommended dose.
- Do not take for more than 3 days.

Carers should be aware that this medicine should not be given to elderly patients with confusion. The elderly are more likely to develop adverse effects, including confusion, with this medicine.

### If you take too many capsules

Talk to a doctor at once if you take too much of this medicine, even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage.

If your symptoms persist, see your doctor.

## 4. Possible side effects

Like all medicines Night Nurse Capsules can have side effects, but not everyone gets them: Children and the elderly may be more likely to experience side effects with this medicine.

The following side effects may occur:

- Drowsiness, dizziness, blurred vision, difficulty concentrating, unsteadiness, clumsiness, headache, dry mouth.

Stop taking this medicine and tell your doctor immediately if you experience:

- Allergic reactions which may be severe such as skin rash, itching sometimes with swelling of the mouth or face or shortness of breath
  - Skin rash or peeling or mouth ulcers
  - Breathing problems. These are more likely if you have experienced them before when taking other painkillers (such as ibuprofen and aspirin)
  - Unexplained bruising and bleeding
  - Confusion, feeling restless, sweating, shaking, shivering, sudden jerks of muscles or increased blood pressure
  - Difficulty passing urine
  - Nausea, vomiting, stomach ache, sudden weight loss, loss of appetite and yellowing of the eyes and skin
  - Restlessness, nervousness, feeling irritable, increased energy and sleep disturbances, which are more likely to affect children.
- These effects are rare.

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](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

## 5. How to store Night Nurse Capsules

Keep out of the sight and reach of children.  
Do not take this medicine after the 'EXP' date shown on the pack.  
Do not store above 25°C.

## 6. Further information

Active ingredients Paracetamol 500mg, Promethazine Hydrochloride 10mg and Dextromethorphan Hydrobromide 7.5mg.

Other ingredients Lactose, dimeticone, colloidal anhydrous silica, gelatin and colours patent blue V (E 131), quinoline yellow (E 104), titanium dioxide (E 171) and printing ink (containing shellac, isopropyl alcohol, iron oxide black (E 172), propylene glycol (E 1520), ammonium hydroxide (E 527) and n-butyl alcohol).

Packs of Night Nurse Capsules contain 10 capsules.

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

The manufacturer is Wrafton Laboratories Ltd, Wrafton, Braunton, North Devon, EX33 2DL, U.K.

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