

Covonia Night Time Formula is for night time relief of the symptoms of dry coughs and congestion from colds. **SHAKE THE BOTTLE.** Take the solution by mouth. **Adults, the elderly and children over 12 years:** Take 3 x 5ml spoonfuls at bedtime. Repeat after 6 hours if required.

Do not give to children under 12 years old.

Do not take more medicine than the label tells you to.

Do not take with any other cough and cold medicine.

This medicine may cause opioid-like effects when used at high doses. This medicine can lead to dependence.

Therefore the treatment should be of short duration.

Peel where shown for further precautions.

This medicine can make you feel sleepy. If this happens do not drive or use tools or machines. Do not drink alcohol.

Keep out of the sight and reach of children.

Do not use after the expiry date. The expiry date refers to the last day of that month.

Active ingredients per 5ml:

dextromethorphan hydrobromide 6.65mg,

diphenhydramine hydrochloride 10mg.

Also contains: ethanol, glycerol (E422), sorbitol (E420), sodium benzoate (E211), maltitol liquid (containing maltitol (E965) and sorbitol (E420)), hydroxyethylcellulose, povidone (E1202), saccharin sodium, capsicum tincture (capsicum oleoresin), menthol, peppermint oil, anise oil, citric acid (E330), macrogol cetostearyl ether, caramel (E150), blackcurrant flavour (containing propylene glycol (E1520)) and purified water.



Do not store above 25°C. Protect from light.
MA holder/manufacturer: Thornton and Ross Ltd,
Huddersfield, HD7 5QH, UK
PL 002400042
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150ml e



1. Before you use this medicine

Do not use the medicine if you have....

• An allergy to any of the ingredients • Taken **MADIs (monoamine oxidase inhibitors)** for depression within the last two weeks or are taking SSRIs for depression.

• **Shortage of breath • Liver problems • Porphyria • Asthma** or a cough which produces phlegm.

Talk to your doctor if you have....

• Glaucoma • Difficulty passing urine • Prostate trouble • A blocked intestine • Epilepsy • Heart problems • A cough which lasts a long time • Or are prone to allergies • Ever been or are addicted to opioids, alcohol, prescription medicines, or illegal drugs • Previously suffered from withdrawal symptoms such as agitation, anxiety, shaking or sweating, when you have stopped taking alcohol or drugs.

Taking this medicine regularly, particularly for a long time, can lead to addiction. Only use this medicine as described in the leaflet.

Addiction can cause withdrawal symptoms when you stop taking this medicine. Withdrawal symptoms can include restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat (palpitations), increased blood pressure, feeling or being sick, diarrhoea, loss of appetite, shaking, shivering or sweating. Speak to your doctor if you experience withdrawal symptoms.

Talk to your doctor or pharmacist if you are taking....

• certain antidepressants or antipsychotics – taking these medicines together may cause mental status changes (e.g. agitation, hallucinations, coma) and other effects such as raised body temperature, increase in heart rate, unstable blood pressure, exaggeration of reflexes, muscular rigidity, lack of coordination and/or gastrointestinal symptoms (e.g. nausea, vomiting, diarrhoea).
• Alcohol • Cimetidine for stomach ulcers • Medicines for Parkinson's disease (e.g. rasagiline, moclobenide, venlafaxine) • Medicines for anxiety or to help you sleep (e.g. diazepam) • Memantine for Alzheimer's disease.

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• Medicines for irregular heartbeat (e.g. amiodarone, propafenone, quinidine, beta blockers) • Antihistamines • Betahistine for vertigo or histamine for some types of cancer • Strong pain killers (e.g. codeine) • Medicine for a runny nose or to control the bladder, or atropine used to treat eye problems.

Driving and using machines....

This medicine causes drowsiness and you should not drive or operate machinery until the effects have worn off.

The medicine can affect your ability to drive as it may make you sleepy or dizzy.

• Do not drive while taking this medicine until you know how it affects you.

• It is an offence to drive if this medicine affects your ability to drive.

• However, you would not be committing an offence if:

• The medicine has been prescribed to treat a medical or dental problem and

• You have taken it according to the instructions given by the prescriber or in the information provided with this 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.

Pregnant or breastfeeding....

Ask your doctor or pharmacist for advice before using if you are pregnant, might be pregnant or are breastfeeding. This medicine should not be used unless the doctor has told you to do so.

Important ingredient information

This medicine contains (per 15ml dose): • less than 1mmol sodium (23mg) (essentially 'sodium-free') • 18mg sodium benzoate • maltitol liquid and 3.675g sorbitol. If you have been told by your doctor that you or your child have an intolerance to some sugars, or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, contact your doctor before you or your child take or receive this medicine.

- You are using the medicine for reasons other than those indicated.

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- When you stop taking the medicine you feel unwell, and you feel better once taking the medicine again.

If you notice any of these signs, it is important you talk to your doctor or pharmacist.

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 following national reporting systems:

UK - Yellow Card Scheme – www.mhra.gov.uk/yellowcard or search for 'MHRA Yellow Card' in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

3. Further information

■ If you take more of this medicine than you should, you may experience the following symptoms: nausea and vomiting, involuntary muscle contractions, agitation, confusion, somnolence, disturbances in consciousness, involuntary and rapid eye movements, cardiac disorders (rapid heart beating), coordination disorders, psychosis with visual hallucinations, and hyperexcitability. Other symptoms in case of massive overdose may be: coma, severe breathing problems, and convulsions.

Contact your doctor or hospital straight away if you experience any of the above symptoms. Take the pack with you to show which medicine you have swallowed.

What the medicine looks like: a brown syrupy liquid. It is supplied in 150ml bottles.

Turn Over ↗
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• 880mg of alcohol (ethanol). The amount in 15ml of this medicine is equivalent to less than 22ml of beer or 9ml of wine. The small amount of alcohol in this medicine will not have any noticeable effects.

2. Possible side effects

Like all medicines, this medicine can have side effects, although these don't affect everyone.

Important side effects. If you get any of these side effects stop use immediately and see a doctor as soon as possible:

• Swelling of the lips, mouth, eyes or tongue • Difficulty breathing • Fits.

Other possible side effects (frequency unknown): Drowsiness and lack of concentration • Dizziness • Feeling excited or confused • Feeling depressed

• Sleeping problems • Headache • Muscle twitching • Trembling • Blurred vision

• Stomach upsets (e.g. feeling sick, being sick, diarrhoea) • Rash • Skin blisters

• Pins and needles • Dry mouth • Thick saliva • Low blood pressure, palpitations or irregular heartbeat • Difficulty passing urine • Blood or liver problems • Eye problems (glaucoma) • Sweating • Muscle pain • Ringing in the ears • Hair loss.

• Dependence and addiction (see section "How do I know if I am addicted?").

If you notice these or any other side effects not listed, stop use and tell your doctor or pharmacist.

Drug Withdrawal

When you stop taking this medicine, you may experience drug withdrawal symptoms, which include restlessness, difficulty sleeping, irritability, agitation, anxiety, feeling your heartbeat (palpitations), increased blood pressure, feeling or being sick, diarrhoea, shaking, shivering or sweating.

How do I know if I am addicted?

If you notice any of the following signs whilst taking this medicine, it could be a sign that you have become addicted.

- You need to take the medicine for longer than advised.

- You feel you need to use more than the recommended dose.

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