

Benylin®

MUCUS COUGH NIGHT

Diphenhydramine, Guaifenesin, Levomenthol

- This medicine is used to help provide relief of cough, related congestive symptoms and aid restful sleep.
- This medicine is for use by adults and children aged 12 years and over.
- **Do not use this medicine:**
 - There are some people who should not use this medicine. *To find out if you are one of them see section 2.* ►
 - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6* ►
- **Speak to your doctor:**
 - If you suffer from any of the conditions mentioned in section 2. *See section 2* ►
 - If you are taking any **other medicines**. *See section 2* ►
- **Follow the dosage instructions carefully.** *See section 3* ►
 - If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. *See section 4* ►

Ask your pharmacist if you need more information or advice. **Now read this whole leaflet carefully before you use this medicine.** Keep the leaflet; you might need it again.

I What the medicine is and what it is used for

Benylin Mucus Cough Night is a medicine which is used to help provide relief of coughing and related congestive symptoms and aid restful sleep. The liquid contains diphenhydramine which is an antihistamine that helps relieve coughing, dry secretions in the nose and chest, and helps you sleep, guaifenesin (an expectorant) to help loosen mucus (phlegm) from the lungs and make it easier to cough up, and levomenthol which helps you breathe more easily by relieving congestion.

The medicine is for use in adults and children aged 12 years and over.

2 What you need to know before taking this medicine

This medicine 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 this medicine...

- If you have ever had a **bad reaction** (rash, swelling of the face and throat, difficulty breathing) to diphenhydramine, guaifenesin, levomenthol or any of the other ingredients of this medicine.
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs).
- For a child under 12 years of age
- If you are taking **any other cough and cold medicine**

This medicine should NOT be used to sedate a child.

If any of these apply to you, **get advice from a doctor or pharmacist without using Benylin Mucus Cough Night.**

⚠️ Talk to your doctor or pharmacist...

- If you suffer from **liver** or **kidney problems**.
- If you have **prostate problems** (difficulty with passing water or needing to pass water often).
- If you have **narrow-angle glaucoma** (increased pressure in the eye).
- If you have had a cough for a few weeks that may be caused by asthma, or a cough which brings up a lot of mucus (phlegm).
- If you have **emphysema, chronic bronchitis or asthma**.
- If your **cough** keeps re-occurring or you have a **cough with a fever, rash** or persistent headache.
- If you are taking **alcohol**.
- If you are taking any other medicines containing:
 - **anticholinergic drugs** e.g.
 - **antihistamines** (drugs used to treat **allergies**).
 - **antidepressants** (drugs to treat **mood disorders**).
 - **atropine** (used to treat some **eye conditions** and occasionally **bowel conditions**).
 - **CNS depressants** e.g.:
 - **hypnotics** (**sleeping tablets** including barbiturates).
 - **minor tranquilisers** (drugs used to **relax muscles** or **decrease anxiety**).

- **opioid analgesics** (drugs used to **relieve pain** e.g. codeine, tramadol, morphine).
- **antipsychotics** (drugs used to treat **mood disorders**).
- **barbiturates** (a kind of **sleeping tablet**).
- **anticonvulsants** (drugs to treat **epilepsy**).
- **anti-emetics** (used to treat **nausea and vomiting**).
- **diphenhydramine** (an **antihistamine**) including products used on large areas of the skin.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

⚠️ If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breast-feeding.

⚠️ Special warnings about this medicine

- This medicine may cause drowsiness. If affected, do not drive, cycle or operate machinery. Avoid alcoholic drink.

⚠️ Some of the ingredients can cause problems

This medicine contains sucrose and liquid glucose. If you have been told by your doctor that you have an intolerance to some sugars contact your doctor before taking this medicinal product. Contains 1 g sucrose and 3.5 g glucose per 5 ml. This should be taken into account in patients with diabetes mellitus.

This medicine contains 196 mg of alcohol (ethanol) in each 5 ml. The amount in 5 ml of this medicine is equivalent to less than 5 ml beer or 2 ml wine. The small amount of alcohol in this medicine will not have any noticeable effects.

Ponceau 4R (E124) may cause allergic reactions.

This medicinal product contains 18.53 mg sodium per 5 ml. This is equivalent to 1.853% of the recommended maximum daily dietary intake of sodium for an adult. This should be taken into account by patients on a controlled sodium diet.

This medicine contains 8.47 mg benzoic acid in 5ml dose.

3 How to take this medicine

Check the table overleaf to see how much medicine to take.

- For oral use only.
- Do not use more than the stated dose shown overleaf.

i Children under 12 years

Do not use in children under 12 years.

i Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over.	Take two 5 ml spoonfuls four times a day
	OR Take two 5 ml spoonfuls at bedtime followed by two 5 ml spoonfuls every 6 hours, as required.

- Do not take more than 4 doses (1 dose = two 5 ml spoonfuls) in 24 hours.
- If symptoms persist, talk to your doctor or pharmacist.

! If anyone has too much

If anyone has too much, contact a doctor or your nearest Accident and Emergency Department (Casualty) immediately, taking this leaflet and pack with you.

! If you forget to take the medicine

If you forget to take a dose, take the next dose when needed. **Do not** take a double dose.

4 Possible side-effects

Like all medicines, this medicine can cause side-effects, although not everybody gets them.

If you experience any of the following, stop using the medicine and seek immediate medical help:

- Swelling of the face, lips, mouth, tongue or throat which may cause difficulty in swallowing or breathing.

- Allergic reactions including skin rashes such as hives, redness of skin (which may be severe and include blistering or peeling of the skin) and itching.
- Fits or numbness (paraesthesia).

If you experience any of the following, stop using the medicine and talk to your doctor:

- Hallucinations
- A fast or irregular heartbeat or increased awareness of your heartbeat (palpitations).
- Shakiness (tremor).
- Difficulty passing water.

Other effects which may occur include:
Very common (may affect more than 1 in 10 people)

- Drowsiness

Common (may affect up to 1 in 10 people)

- Dizziness, headache, dry mouth or throat or unusual weakness
- Muscle spasms
- Blurred vision
- Thickened mucus
- Upset stomach

Uncommon (may affect up to 1 in 100 people)

- Agitation, confusion, irritability, nervousness, or difficulty sleeping
- A persistent noise in the ears
- Rash

Rare (may affect up to 1 in 1,000 people)

- Depression
- Low blood pressure

Other effects which may occur but it is unknown how often

- Difficulty performing tasks
- Stomach pain, nausea, vomiting, diarrhoea, constipation or indigestion.
- Dry nose
- Pain when passing water.

If you experience 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 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.

5 How to store this medicine

Do not store this product above 25°C.

Do not keep in the fridge or freeze.

Keep the product out of the sight and reach of children. Do not leave your child unattended when using this medicine.

Do not use your medicine after the date shown as an expiry date on the packaging.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6 Contents of the pack and other information

What this medicine contains

The active ingredients in 5 ml of Benlyn Mucus Cough Night are: 14 mg Diphenhydramine hydrochloride, 100 mg Guaifenesin and 1.1 mg Levomenthol.

Other ingredients are: Liquid glucose, sucrose, ethanol, glycerol, sodium citrate, saccharin sodium, citric acid monohydrate, sodium benzoate (E211), caramel (E150), raspberry essence, natural sweetness enhancer, carbomer, Ponceau 4R (E124) and water.

What the medicine looks like and contents of the pack

Benlyn Mucus Cough Night is a clear red syrup, available in 150 ml glass bottles.

Marketing Authorisation holder:

McNeil Products Ltd, High Wycombe, Buckinghamshire, HP12 4EG, UK.

Manufacturer: Delpharm Orléans, 5 avenue de Concyr, 45071 Orleans, Cedex 2, France.

This leaflet was revised October 2023.

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