



PATIENT INFORMATION LEAFLET: INFORMATION FOR THE USER

RONFIT COLD-P JUNIOR

(Paracetamol, Phenylephrine hydrochloride, Chlorpheniramine, Sodium Citrate & Menthol Syrup)

Read all of this leaflet carefully before you start RONFIT COLD-P JUNIOR using

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your health care provider.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects becomes serious, or if you notice any side effects not listed in this leaflet, please tell your health care provider.

In this leaflet:

1. What RONFIT COLD-P JUNIOR is and what it is used for
2. Before you take RONFIT COLD-P JUNIOR
3. How to take RONFIT COLD-P JUNIOR
4. Possible side effects
5. How to store RONFIT COLD-P JUNIOR
6. Further information

1. WHAT RONFIT COLD-P JUNIOR AND WHAT IT IS USED FOR

This medicine contains Paracetamol and Phenylephrine Hydrochloride. Paracetamol is a pain killer which also helps to reduce fever. Phenylephrine Hydrochloride is a decongestant which helps relieve a blocked nose. It can be used to relieve the symptoms of cold and flu, including headache, sore throat, sinus pain and congestion and to reduce a fever

2. BEFORE YOU TAKE RONFIT COLD-P JUNIOR

This medicine can be taken by adults and children aged 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

Do not take:

- If you are allergic to any of the ingredients
- If you have heart or blood vessel disease
- If you have high blood pressure, including that due to a tumour near your kidneys
- If you have an overactive thyroid
- If you are taking monoamine oxidase inhibitors (for depression), or have taken them in the last 14 days
- If you have phenylketonuria (this medicine contains aspartame, a source of phenylalanine)
- If you have an intolerance to some sugars, unless your doctor tells you to (this medicine contains sucrose)

PARACETAMOL, PHENYLEPHRINE HYDROCHLORIDE, CHLORPHENIRAMINE, SODIUM CITRATE & MENTHOL SYRUP





- If you are a man with prostate problems
- If you are pregnant or breastfeeding, unless your doctor tells you to

Talk to your pharmacist or doctor:

- If you have other heart problems, including angina or have had a heart attack or stroke
- If you have liver problems (including a disease caused by drinking alcohol) or alcohol dependence
- If you have kidney problems
- If you have diabetes
- If you are on a low salt (sodium) diet (each sachet contains 122 mg of sodium, which may be harmful to you)
- If you have asthma and have ever had a bad reaction after taking aspirin or any other non steroidal anti-inflammatory medicines (you may have had worsening of asthma, swelling of the lips or face, itchy skin, runny nose)

Other important information

Driving and using machines: This medicine may cause dizziness. You should not drive or use machines until you are sure you are not affected.

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine.

If you take other medicines

This medicine contains paracetamol.

Do not take with any other paracetamol-containing products.

Before you take these sachets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Domperidone or metoclopramide for feeling sick or being sick (may increase the pain relief effect of paracetamol)
- Colestyramine for reducing blood fat levels (may reduce the pain relief effect of paracetamol)
- Warfarin or other blood thinners – if you take warfarin you can take occasional amounts of this medicine but talk to your doctor first before you take it on a regular basis
- Anticonvulsants (for epilepsy)
- Contraceptive tablets
- Isoniazid (for bacterial infections)
- Diflunisal (for pain relief)
- Probenecid (for gout)
- Tricyclic antidepressants
- Atropine (for muscle spasm in the stomach)
- Guanethidine (for emergency treatment of very high blood pressure)
- Ergot alkaloids (for migraine)
- Oxytocin (used to induce labour in pregnant women)
- Other decongestants (these medicines may increase your blood pressure whilst taking these sachets)





- Medicines to treat asthma

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

3. HOW TO TAKE YOUR MEDICINE

How to take this medicine

Check the sachet is not broken before use. If it is, do not take that sachet.

Dissolve the contents of each sachet in a cupful of hot, but not boiling, water and drink.

Adults and children of 12 years and over

One sachet dissolved in water

Every 4 hours, if you need to, up to 4 times a day. Don't take more than 4 sachets in 24 hours.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If symptoms do not go away, talk to your doctor.

If you take too many sachets: 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. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

4. POSSIBLE SIDE EFFECTS

Most people will not have problems, but some may get some.

If you get any of these serious side effects, stop taking the sachets. See a doctor at once:

- Difficulty in breathing, tight chest, wheezing, runny nose, swelling of the face, neck, tongue or throat (severe allergic reactions)

These other effects are less serious. If they bother you talk to a pharmacist:

- Other allergic reactions (e.g. skin rash)
- Being sick, headache, dizziness – do not drive or use machines if you feel dizzy
- Fast heart rate, slow heart rate, raised blood pressure
- Difficulty in passing urine and emptying the bladder
- Unusual bruising, or infections such as sore throat – this may be due to very rare changes in the blood

If you take this medicine every day for a long time you may also get:

- Kidney problems

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.





5. HOW TO STORE RONFIT COLD-P JUNIOR

Do not store above 30°C.

Keep this medicine out of the sight and reach of children.

6. FURTHER INFORMATION

What RONFIT COLD-P JUNIOR contains:

The active pharmaceutical ingredient(s) are Paracetamol, Phenylephrine hydrochloride, Chlorpheniramine, Sodium Citrate & Menthol.

- The other ingredient(s) are
 - Propylene glycol BP
 - Sorbitol 70% solution BP
 - Glycerin BP
 - Sodium methyl paraben BP
 - Sodium propyl paraben BP
 - Macrogel 1500 BP
 - Di-sodium EDTA BP
 - Enisweet EP Powder
 - Citric Acid BP
 - Sodium chloride BP
 - Arrow Gum Super
 - Sodium Saccharin BP
 - Colour Ponceau 4R
 - Strawberry 8778 flavour
 - Purified water BP

What RONFIT COLD-P JUNIOR looks like and contents of the pack: Red coloured, clear syrupy liquid with characteristic flavour.

60 ml Amber Pet bottle placed in a carton with pack insert.

Manufacturer

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