

Active ingredients: *Paracetamol, Pseudoephedrine hydrochloride, Chlorphenamine maleate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using TerryWhite Chemmart Day + Night Cold & Flu Relief. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using TerryWhite Chemmart Day + Night Cold & Flu Relief.**

Where to find information in this leaflet:

- [1. Why am I using TerryWhite Chemmart Day + Night Cold & Flu Relief?](#)
- [2. What should I know before I use TerryWhite Chemmart Day + Night Cold & Flu Relief?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use TerryWhite Chemmart Day + Night Cold & Flu Relief?](#)
- [5. What should I know while using TerryWhite Chemmart Day + Night Cold & Flu Relief?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using TerryWhite Chemmart Day + Night Cold & Flu Relief?

TerryWhite Chemmart Day + Night Cold & Flu Relief contains the active ingredients Paracetamol, Pseudoephedrine hydrochloride and Chlorphenamine maleate. Paracetamol works to stop the pain messages getting through to the brain. It also acts in the brain to reduce fever. Pseudoephedrine is used to relieve/treat nasal congestion and runny nose. It belongs to a group of medicines called sympathomimetic decongestants. It works by reducing congestion in the upper respiratory tract, including the nose, nasal passages and sinuses, making it easier to breathe. Chlorphenamine is used to temporarily relieve runny nose, sneezing and watery eyes. It belongs to a group of medicines called antihistamines. Antihistamines help reduce allergic symptoms of a cold by preventing the effects of a substance called histamine. Histamine is produced by the body in response to foreign substances to which the body is allergic.

TerryWhite Chemmart Day + Night Cold & Flu Relief is for temporary relief from the following cold & flu symptoms: nasal congestion, sinus pain, runny nose, headache, body aches and pains. Reduces fever. The night tablets also provide relief from sneezing, watery or itchy eyes, and assist rest by providing relief from these symptoms.

2. What should I know before I use TerryWhite Chemmart Day + Night Cold & Flu Relief?

Warnings

Do not use TerryWhite Chemmart Day + Night Cold & Flu Relief if:

- you are allergic to paracetamol, pseudoephedrine, chlorphenamine, or any of the ingredients listed at the end of this leaflet.
Always check the ingredients to make sure you can use this medicine.
Some symptoms of an allergic reaction may include:
 - shortness of breath
 - wheezing or difficulty breathing
 - swelling of the face, lips tongue or other parts of the body
 - rash, itching or hives on the skin.
- You have very high blood pressure
- You have severe coronary artery disease (heart disease caused by poor blood flow or narrowing of the blood vessels of the heart)
- You have taken monoamine oxidase inhibitors, medicines used to treat depression, in the last 14 days
- You have glaucoma (high pressure in the eyes)
- You have stomach or duodenal ulcer or other stomach problems
- You have prostate problems
- You have bladder problems.

Do not give this medicine to newborn or premature babies.

Check with your doctor or pharmacist if you:

- have any other medical conditions including:
 - high blood pressure
 - overactive thyroid gland
 - diabetes
 - heart disease and poor blood flow in the blood vessels of the heart
 - glaucoma (high pressure in the eyes)
 - prostate problems
 - liver or kidney disease
 - epilepsy
 - you take sedatives
- take with other products containing paracetamol
- take any medicines for any other condition

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and

how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Do not take this medicine if you are pregnant or intend to become pregnant. It may affect your developing baby if you take this medicine during pregnancy. Your pharmacist or doctor will discuss the benefits or possible risks of taking this medicine during pregnancy.

Do not take this medicine if you are breastfeeding or plan to breastfeed. It passes into the breast milk and there is a possibility that the baby may be affected.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with TerryWhite Chemmart Day + Night Cold & Flu Relief and affect how it works. Medicines that may affect TerryWhite Chemmart Day + Night Cold & Flu Relief include:

- Warfarin, a medicine used to prevent blood clots
- Metoclopramide, a medicine used to control nausea and vomiting
- Medicines such as phenytoin used to treat epilepsy or fits
- Chloramphenicol, an antibiotic used to treat ear and eye infections.
- Medicines used to treat depression, especially monoamine oxidase inhibitors and tricyclic antidepressants
- Medicines used to treat heart conditions
- Medicines used to treat high blood pressure
- Medicines used to treat urinary tract infections and bladder problems
- Medicines used to treat behavioural disorders
- Phenylephrine, a medicine used to treat congestion
- Appetite suppressants
- Medicines used to help you sleep or relax (sedatives and hypnotics)
- Opioid analgesics, medicines used to treat pain
- Alcohol.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect TerryWhite Chemmart Day + Night Cold & Flu Relief.

4. How do I use TerryWhite Chemmart Day + Night Cold & Flu Relief?

How much to take / use

- Adults and children 12 years & over:
 - Take 2 white Day tablets every 4 to 6 hours.
 - Take 2 pink Night tablets at bed time.
 - Repeat dosage every 4 to 6 hours.

- Do not take the Night tablets within 4 hours of taking the Day tablet.
- Do not take more than a total of 4 doses (8 Day and Night tablets) in a 24 hour period.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

When to take / use TerryWhite Chemmart Day + Night Cold & Flu Relief

- TerryWhite Chemmart Day + Night Cold & Flu Relief should be used if required.

How to take TerryWhite Chemmart Day + Night Cold & Flu Relief

- Take with water.

If you use too much TerryWhite Chemmart Day + Night Cold & Flu Relief

If you think that you have used too much TerryWhite Chemmart Day + Night Cold & Flu Relief, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using TerryWhite Chemmart Day + Night Cold & Flu Relief?

Things you should do

- Talk to your doctor or pharmacist if your symptoms do not improve. Your pharmacist or doctor will assess your condition and decide if you should continue to take this medicine.
- If you are over 65 years of age, talk to your pharmacist or doctor about how much to take. Elderly patients are more likely to have side effects from taking these medicines.

Remind any doctor, dentist or pharmacist you visit that you are using TerryWhite Chemmart Day + Night Cold & Flu Relief.

Things you should not do

- Do not give to children under 12 years.
- Do not take with other products containing paracetamol unless advised to by a doctor or pharmacist.
- Do not take for longer than a few days at a time (adults) or 48 hours at a time (Children & adolescents) unless advised to by a doctor.

- Do not take more than the recommended dose unless told to by a doctor or pharmacist.
- If you forget to take it, do not take a double dose to make up for the dose you missed. This may increase the chance of you getting an unwanted side effect.
- Do not take this medicine to treat any other complaints unless told to by your doctor or pharmacist.
- Do not give your medicine to anyone else even if they have the same condition as you.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how TerryWhite Chemmart Day + Night Cold & Flu Relief affects you.

TerryWhite Chemmart Day + Night Cold & Flu Relief may cause dizziness or sleepiness in some people. If this happens do not drive or operate machinery.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Do not drink alcohol while taking this medicine. The sedation effects of alcohol may be increased.

Looking after your medicine

Follow the instructions in the carton on how to take care of your medicine properly.

Store your medicine below 30°C.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Less serious side effects

Less serious side effects	What to do
• Nausea or dyspepsia • Difficulty sleeping • Nervousness or irritability • Excitability • Restlessness	Speak to your doctor or pharmacist if you have any of these less

• Dizziness • Fear or anxiety • Fast or rapid heart beat • Tremors • Hallucinations • Drowsiness or sleepiness • Dry mouth, nose or throat • Constipation • Twitching or jerking muscles	serious side effects and they worry you.
--	--

Serious side effects

Serious side effects	What to do
• Difficult or painful urination / urination retention • Seizures (fits) • Shortness of breath • Wheezing or difficulty breathing • Swelling of the face, lips, tongue or other parts of the body • Rash, itching or hives on the skin	Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

Pseudoephedrine may cause sleeplessness if it is taken up to several hours before going to bed.

Children and people over 65 years of age may have increased chance of getting side effects.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

What TerryWhite Chemmart Day + Night Cold & Flu Relief contains

Active ingredients (main ingredients)	DAY TABLETS Paracetamol Pseudoephedrine hydrochloride NIGHT TABLTS Paracetamol Pseudoephedrine hydrochloride Chlorphenamine maleate
Other ingredients (inactive ingredients)	• Crospovidone

	• Erythrosine aluminium lake (Night tablets only) • Magnesium stearate • Microcrystalline cellulose • Povidone • Pregelatinized maize starch • Stearic acid • Purified water
--	--

Do not take this medicine if you are allergic to any of these ingredients.

What TerryWhite Chemmart Day + Night Cold & Flu Relief looks like

TerryWhite Chemmart Cold & Flu Relief Day tablets are white, round tablets with a break-line on one side.

TerryWhite Chemmart Cold & Flu Relief Night tablets are pink, round tablets with a break-line on one side.

The medicine is sold in a carton containing either 12 tablets in a blister pack or 24 tablets in 2 blister packs. Each blister pack contains 8 white day tablets and 4 pink night tablets.

(AUST R 303656).

Who distributes TerryWhite Chemmart Day + Night Cold & Flu Relief

Sponsor:

Noumed Pharmaceuticals Pty Ltd
Adelaide, South Australia

Supplied by

TerryWhite Chemmart® Pharmacies
PBA Wholesale Pty Ltd
Ground Floor, 50 Park Road,
Milton, QLD 4064

This leaflet was prepared in February 2022.