

DECONGESTANT PSE

Active ingredient: *PSEUDOEPHEDRINE HYDROCHLORIDE*

Consumer Medicine Information (CMI)

This leaflet provides important information about using TerryWhite Chemmart® Decongestant PSE.

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 this medicine.

Where to find information in this leaflet:

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1. Why am I using TerryWhite Chemmart® Decongestant PSE?

TerryWhite Chemmart® Decongestant PSE contains the active ingredient pseudoephedrine hydrochloride, it reduces the swollen membranes of the nose and sinuses.

TerryWhite Chemmart® Decongestant PSE is for temporary relief from a runny nose it acts to clear nasal congestion and dry a runny nose, making breathing easier.

2. What should I know before I use TerryWhite Chemmart® Decongestant PSE?

Warnings

Do not use the medicine if:

- You are allergic to pseudoephedrine hydrochloride, or any of the ingredients listed at the end of this leaflet.
- Always check the ingredients to make sure you can use this medicine.
- Do not use this product after the expiry date printed on the carton and foil.
- Do not use this product if the packaging is torn or shows signs of tampering.
- Do not give to children under 12 years.
- Do not take if you are taking, or within 14 days after stopping taking, monoamine oxidase inhibitors (MAOIs), a type of medicine used to treat depression.

- Do not take if you have very high blood pressure or severe blood vessel disease.
 - Do not use if you are allergic to pseudoephedrine or any of the ingredients under "Product Description" of this Consumer Medicine Information.
 - If you have an allergic reaction, you may have an asthma attack, skin rash, or hayfever-like symptoms.
 - If you are not sure whether you should take this medicine, talk to your doctor or pharmacist.
 - Tell your doctor or pharmacist if you become pregnant while using this medicine.
 - Remind any doctor, dentist or pharmacist you visit that you are using this medicine.
- If you are going to have surgery, tell the surgeon or anaesthetist that you are using this medicine. to wait until healing has occurred before using this medicine.

Check with your doctor or pharmacist if you:

are suffering from any of these conditions:

- High blood pressure
- Heart disease
- Depression
- Lung, liver, or kidney disorders
- Overactive thyroid gland
- Prostate problems such as enlarged prostate
- Bladder problems
- Diabetes mellitus (too much sugar in the blood)
- Increased pressure in the eye (glaucoma)
- Any other medical problem

It may not be safe for you to take TerryWhite Chemmart® Decongestant PSE if you have any of these conditions.

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

In particular, you should tell your doctor or pharmacist if you are using any of these substances:

- Medicines for high blood pressure
- Medicines that suppress appetite and for slimming
- Other nasal decongestant (eg. Medicines used to treat symptoms of colds and flu)
- Levodopa (a medicine used for Parkinson's disease)
- Medicines for depression

These medicines may affect the way TerryWhite Chemmart® Decongestant PSE works or TerryWhite Chemmart® Decongestant PSE may affect the way they work. Your doctor or pharmacist can tell you what to do if you are taking any of these medicines.

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

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

Use in children

Do not use this medicine in children under 12 years of age.

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.

4. How do I use TerryWhite Chemmart® Decongestant PSE?

How much to use

- Adults and children 12 years of age and over:
1 tablet, 3 to 4 times a day, when necessary. Do not exceed 4 tablets in 24 hours.
- Do not use in children under 12 years.
- If you are unsure what dose to take, ask your pharmacist.
- This preparation is for the relief of minor and temporary ailments and should be used strictly as directed. Prolonged use may be harmful. If symptoms persist, seek medical advice.
- **Do not exceed the maximum daily dose.**
- Follow the instructions provided with the medicine.

How long to use

- This preparation is for the relief of minor and temporary ailments and should be used strictly as directed. Prolonged use may be harmful.
- **If symptoms do not improve within 7 days, consult your pharmacist or doctor.**

When to use TerryWhite Chemmart® Decongestant PSE

- TerryWhite Chemmart® Decongestant PSE is for minor and temporary relief of Nasal Congestion. It acts quickly to dry runny nose and reduce the swollen membranes of the nose and sinuses. This will permit the passages behind your nose and eyes to clear, easing the pressure that leads to headache and pain and helping you breathe freely.
- TerryWhite Chemmart® Decongestant PSE will not make you drowsy and should be used strictly as directed. If symptoms persist, seek medical advice.

- It is very important that you use this medicine regularly. If you stop the treatment when you feel better, your symptoms may return as the medicine wears off.
- If you miss a dose, do not take a double dose to make up. This medicine should be used when necessary.

If you use too much TerryWhite Chemmart® Decongestant PSE

If you think that you have used too much TerryWhite Chemmart® Decongestant PSE, 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® Decongestant PSE?

Things you should do

- If you become pregnant while you are using this medicine tell your doctor or pharmacist.
- Tell any other doctors, dentists and pharmacists who are treating you that you are using this medicine.
- If you are about to be started on any new medicine, tell your doctor, dentist, or pharmacist that you are using this medicine.
- If you are going to have surgery, tell the surgeon or anaesthetist that you are using this medicine.
- Take TerryWhite Chemmart® Decongestant PSE as described on the label.
- If your symptoms do not improve within 7 days, you should contact your doctor for further advice.

Things you should not do

- Do not give this medicine to anyone else, even if they have the same condition as you.
- Do not use it to treat any other complaints unless your doctor tells you to.

Things to be careful of

- If you have a very high blood pressure or severe blood vessel disease and if you are allergic to pseudoephedrine do not take this medicine. Tell your doctor if you do.

Driving or using machines

This medicine generally does not cause any problems with your ability to drive a car or operate machinery.

Looking after your medicine

- Keep the Decongestant Tablets in a place below 30° C.
- Follow the instructions in the carton on how to take care of your medicine properly.

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.

When to discard your medicine

- Discard this medicine when the expiry date printed on the carton and foil is expired and when the packaging is torn or shows signs of tampering.

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.

Common, less serious side effects

Common side effects	What to do
• Headache, Sleeplessness • Nervousness, Anxiety • Sweating, Flushing • Restlessness • Dry mouth	Speak to your doctor or pharmacist if you have any of these common side effects and they worry you.

Rare, serious side effects

Serious side effects	What to do
• Fast or Irregular heartbeat or breathlessness (signs of an allergic reaction) • Tremor (shaking) • Vertigo • Difficulty in passing urine	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.

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

Some people may get other side effects not mentioned in this consumer medicines information. Tell your doctor or pharmacist if you notice anything else which makes 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® Decongestant PSE tablet contains

Active ingredient (main ingredient)	• Pseudoephedrine hydrochloride 60 mg
Other ingredients (inactive ingredients)	• Calcium hydrogen phosphate dihydrate • Magnesium stearate • Microcrystalline cellulose

Free from preservatives, alcohol, gluten, lactose, milk, milk products and sugar.

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

What TerryWhite Chemmart® Decongestant PSE looks like

TerryWhite Chemmart® Decongestant PSE tablet comes as white round-shaped tablet contained in blister pack.

Available Pack: 12

TerryWhite Chemmart® Decongestant PSE: AUST R 311324

Who distributes TerryWhite Chemmart® Decongestant PSE

TerryWhite Chemmart® Decongestant PSE are supplied in Australia by:

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

For Medical enquiries: 1800 497 206

For General enquiries: 1800 653 662

Before use, read the Consumer Medicine Information available at www.terrywhitechemmart.com.au or from your pharmacist.

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