

# Chemists' Own Sinus Relief

*Pseudoephedrine Hydrochloride*

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## Consumer Medicine Information

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### What is in this leaflet

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This leaflet answers some common questions about **Chemists' Own Sinus Relief**. It does not contain all the available information and it does not take the place of talking to your doctor or pharmacist.

**Keep this leaflet with the medicine.**

You may want to read it again later.

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### Product description

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#### *What it looks like*

**Chemists' Own Sinus Relief** is white round, film coated tablet with S/SH embossed on one side.

Active ingredients  
Each tablet contains  
Pseudoephedrine Hydrochloride  
60mg

Inactive ingredients

- Carnauba wax
- Microcrystalline cellulose
- Crospovidone
- Dextrates
- Hypromellose
- Macrogol
- Magnesium stearate
- Silica colloidal

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### What Chemists' Own Sinus Relief is used for

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Chemists' Own Sinus Relief provides effective relief of nasal and sinus congestion.

Helps to dry up secretions in the nose and sinuses thus making breathing easier.

**Your doctor or pharmacist may prescribe this medication for another use. If you want more information ask your doctor or pharmacist.**

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### Before you use Chemists' Own Sinus Relief

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#### *When you must not take it*

- you have ever had an allergic reaction with pseudoephedrine hydrochloride or any other ingredients in the tablet (see under '**Product description**')
- you are taking certain types of antidepressant medications (monoamine oxidase inhibitors (MAOI's) or – ask your doctor or pharmacist if you are unsure)
- you are taking medicines for treating epilepsy or fits, tranquillisers, medicines for treating diabetes, high blood pressure or heart problems

#### *Before your start to take it*

**Tell your doctor or pharmacist before you start to take Chemists' Own Sinus Relief if you:**

- are taking any other medicine, particularly:
  - anti-depressant or sedative medication;
  - medicine for treating epilepsy or fits;
  - tranquillisers;
  - medicines for treating high blood pressure.

- are taking any other medicine including any that you buy without a prescription from your pharmacy, supermarket or health food shop. These medicines may be affected by Chemists' Own Sinus Relief or may affect the way it works.
- are taking any other medicine, particularly antidepressant or sedative medication
- are pregnant or breast feeding
- are having breathing problems
- have high blood pressure
- have heart problems
- have overactive thyroid
- are diabetic
- suffer from asthma
- have trouble urinating due to an enlarged prostate.

**If you have not told your doctor or pharmacist about any of the above, tell them before you use Chemists' Own Sinus Relief.**

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### How to take Chemists' Own Sinus Relief

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Adults & Children over 12 years:  
Take 1 tablet 3 to 4 times a day when necessary (maximum 4 tablets in 24 hours).

Not recommended for children under 12 years.

**Chemists' Own Sinus Relief** can be taken with or without food.

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## While you are using Chemists' Own Sinus Relief

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### *Precautions while using this medicine*

- **Chemists' Own Sinus Relief** may cause sleeplessness if it is taken up to several hours before going to bed. Avoid taking at bedtime.
- See your doctor before taking this product if you have high blood pressure or heart problems or are taking anti-depressant medication.

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## Overdose

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### *If you take too much*

Immediately telephone your doctor, or the Poisons Information Centre (telephone 131 126), or go to the nearest casualty section of a hospital, if you think you or anyone else may have taken too much **Chemists' Own Sinus Relief**.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

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## Side effects

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All medicines can have side effects. Sometimes they are serious, most of the time they are mild and temporary.

The more common side effects of **Chemists' Own Sinus Relief** are:

- Chest pain that lasts more than 15 minutes
- Very fast, pounding, or irregular heartbeat
- Wheezing or shortness of breath
- Sweating or flushing
- Severe restlessness
- Nervousness or dizziness
- Trouble in sleeping

- Nausea or upset stomach
- Headache
- Loss of appetite

**Tell your doctor or pharmacist as soon as possible if you notice any of the common side effects or if you do not feel well while taking Chemists' Own Sinus Relief.**

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## Storage

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**Keep your tablets in the blister pack until it is time to take them.**

If you take the tablets out of the blister pack they may not keep well.

**Keep it in a cool dry place where the temperature stays below 30°C.**

**Do not store any medicines in the bathroom or in moist areas, or do not leave them in the car on hot days.**

Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

A locked cupboard or at least one-and-a-half metres above the ground is a good place to store medicines.

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## Disposal

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If your doctor tells you to stop taking Chemists' Own Sinus Relief, or the tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.

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## Supplier

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Chemists' Own Sinus Relief is supplied by:

Arrow Pharma Pty Ltd  
15 – 17 Chapel Street  
Cremorne, Victoria, 3121.  
[www.chemistsown.com.au](http://www.chemistsown.com.au)

This leaflet was updated in October 2016.

The Australian Registration Number for Chemists' Own Sinus Relief is AUST R 93484