

PHARMACY ACTION

Sinus & Nasal Decongestant Relief

Active ingredient: *pseudoephedrine hydrochloride*

Consumer Medicine Information (CMI)

This leaflet provides important information about using PHARMACY ACTION Sinus & Nasal Decongestant 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 PHARMACY ACTION Sinus & Nasal Decongestant Relief.

Where to find information in this leaflet:

- [1. Why am I using PHARMACY ACTION Sinus & Nasal Decongestant Relief?](#)
- [2. What should I know before I use PHARMACY ACTION Sinus & Nasal Decongestant Relief?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use PHARMACY ACTION Sinus & Nasal Decongestant Relief?](#)
- [5. What should I know while using PHARMACY ACTION Sinus & Nasal Decongestant Relief?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using PHARMACY ACTION Sinus & Nasal Decongestant Relief?

PHARMACY ACTION Sinus & Nasal Decongestant Relief contains the active ingredient **pseudoephedrine hydrochloride**. PHARMACY ACTION Sinus & Nasal Decongestant Relief is a decongestant.

PHARMACY ACTION Sinus & Nasal Decongestant Relief acts to clear nasal congestion, and dry a runny nose, making breathing easier.

2. What should I know before I use PHARMACY ACTION Sinus & Nasal Decongestant Relief?

Warnings

Do not use PHARMACY ACTION Sinus & Nasal Decongestant Relief if:

- you are allergic to pseudoephedrine, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- If you get an allergic reaction, you may get an asthma attack, skin rash or hayfever like symptoms.

- you are taking or within 14 days after stopping taking monoamine oxidase inhibitors (MAOIs), a type of medicine use to treat depression.
- you have very high blood pressure or severe blood vessel disease.

Check with your doctor or pharmacist if you:

- have any other medical conditions such as:
 - high blood pressure
 - heart disease
 - depression
 - lung, liver, or kidney disorders
 - over-active thyroid gland
 - prostate problems such as enlarged prostate
 - bladder problems
 - diabetes mellitus (too much sugar in the blood)
 - increased pressure in the eye (glaucoma)
- 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

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.

PHARMACY ACTION Sinus & Nasal Decongestant Relief is not recommended for breastfeeding mothers.

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 PHARMACY ACTION Sinus & Nasal Decongestant Relief and affect how it works. These include:

- medicines for high blood pressure
- medicines that suppress appetite and for slimming
- other nasal decongestants (e.g., medicines used to treat colds and flu)
- levodopa (a medicine used to treat Parkinson's disease)
- medicines for depression

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are

taking and if these affect PHARMACY ACTION Sinus & Nasal Decongestant Relief.

4. How do I use PHARMACY ACTION Sinus & Nasal Decongestant Relief?

How much to take / use

- Adults and children over 12 years of age: 1 tablet 3 to 4 times a day, when necessary.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

When to take / use PHARMACY ACTION Sinus & Nasal Decongestant Relief

- The medicine should only be used when necessary.
- PHARMACY ACTION Sinus & Nasal Decongestant Relief should be used strictly as directed. Prolonged use may be harmful.

If you use too much PHARMACY ACTION Sinus & Nasal Decongestant Relief

If you think that you have used too much PHARMACY ACTION Sinus & Nasal Decongestant 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 PHARMACY ACTION Sinus & Nasal Decongestant Relief?

Things you should do

- If your symptoms do not improve within 7 days, you should contact your doctor for further advice.

Remind any doctor, dentist or pharmacist [add other health professionals as appropriate] you visit that you are using PHARMACY ACTION Sinus & Nasal Decongestant Relief.

Things you should not do

- Do not exceed 4 tablets in 24 hours.
- Do not give to children under 12 years of age.
- If you forget to take your medicine, do not take a double dose to make up for the dose you missed.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how PHARMACY ACTION Sinus & Nasal Decongestant Relief affects you.

PHARMACY ACTION Sinus & Nasal Decongestant Relief may cause dizziness in some people.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Looking after your medicine

- Store below 30°C
- Keep your tablets in the blister pack until it is time to take them. If you take them out of the blister pack, they will not keep well.

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.

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/common side effects

Less serious side effects	What to do
<ul style="list-style-type: none">• Sleeplessness• Difficulty passing urine• Nervousness• Tremor (shaking)• Vertigo• Headache• Fast or irregular heartbeat• Palpitations• Sweating• Flushing• Anxiety• Restlessness• Dry mouth• Loss of appetite	<p>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</p>

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 PHARMACY ACTION Sinus & Nasal Decongestant Relief contains

Active ingredient (main ingredient)	Pseudoephedrine hydrochloride
Other ingredients (inactive ingredients)	<ul style="list-style-type: none">• Calcium hydrogen phosphate dihydrate• Magnesium stearate• Microcrystalline cellulose

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

What PHARMACY ACTION Sinus & Nasal Decongestant Relief looks like

PHARMACY ACTION Sinus & Nasal Decongestant Relief are white, round tablets. They come in a carton containing 12 tablets in a blister pack.

(Aust R 191938).

Who distributes PHARMACY ACTION Sinus & Nasal Decongestant Relief

Generic Health Pty Ltd
Suite 2, Level 2,
19 – 23 Prospect Street,
Box Hill, VIC 3128,
Australia

✉ ghinfo@generichealth.com.au
☎ +61 3 9809 7900
🌐 www.generichealth.com.au

This leaflet was prepared in April 2023.