

5% Carbocisteine

# Rhinathiol

## Adult Syrup

SANOFI 

**Read this leaflet carefully before you start taking this medicine. It contains important information on your treatment.**

If you have any questions or are unsure of anything, ask your doctor or pharmacist for more information.

- Keep this leaflet. You may need to read it again.
- If you need more information or advice, ask your pharmacist.
- If symptoms become worse or persist after 5 days, consult your doctor.
- If you notice any side effects not mentioned in this leaflet, or if you feel that one of the side effects mentioned is serious, please inform your doctor or pharmacist.

**In this package leaflet:**

1. WHAT RHINATHIOL 5% Adult Expectorant Syrup IS AND WHAT IT IS TAKEN FOR
2. BEFORE YOU TAKE RHINATHIOL 5% Adult Expectorant Syrup
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**1. WHAT RHINATHIOL 5% Adult Expectorant Syrup IS AND WHAT IT IS TAKEN FOR**

MUCOLYTIC

(R: Respiratory system)

This medicine is intended for use in adults (aged over 15 years) who have had a recent respiratory disorder with difficulty expectorating (i.e. difficulty coughing up phlegm).

**2. BEFORE YOU TAKE RHINATHIOL 5% Adult Expectorant Syrup**

**Do not take RHINATHIOL 5% Adult Expectorant Syrup** if you have a history of allergy to any of the ingredients of the medicine, particularly methyl paraben and other parabens.

IF YOU ARE UNSURE OF ANYTHING, IT IS ESSENTIAL THAT YOU ASK YOUR DOCTOR OR PHARMACIST FOR ADVICE.

**Take special care with RHINATHIOL 5% Adult Expectorant Syrup**

Seek medical advice if you have:

- thick and purulent phlegm or fever
- a chronic (long-term) illness of the airways or lungs.
- a peptic ulcer.

KEEP THIS MEDICINE OUT OF THE REACH OF CHILDREN.

When you take this medicine, you should always make an effort to cough so as to expectorate (i.e., cough up phlegm from the chest).

Do not take cough suppressants (intended to calm a dry or irritating cough) or medicines that dry up phlegm while taking carbocisteine treatment.

IF YOUR CONDITION DOES NOT IMPROVE IT IS IMPORTANT THAT YOU CONSULT A DOCTOR.

**Taking or using other medicines**

This medicine contains carbocisteine, as do some other medicines. Do not take them together, so that you do not exceed the recommended maximum doses (see How much RHINATHIOL 5% Adult Expectorant Syrup should be taken )

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

**Pregnancy and breast-feeding**

Ask your doctor or pharmacist for advice before taking any medicine.

**Important information about some of the ingredients of Rhinathiol 5% Adult Expectorant Syrup**

CAUTION: THE ALCOHOL CONTENT OF THIS MEDICINAL PRODUCTS IS 1.64° i.e. 0.2 g OF ALCOHOL PER 15ml MEASURING CUP.

This medicine contains 97 mg sodium per 15ml measuring cup. This should be taken into account if you are following a salt-free or low-salt diet.

This medicine contains methyl parahydroxybenzoate (E 218) and can cause allergic reactions.

This medicine contains sucrose.

- It is therefore not recommended for use in patients with fructose intolerance, glucose-galactose malabsorption syndrome or sucrase-isomaltase deficiency (rare metabolic diseases).
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- The quantity of sucrose is 6 g per 15ml measuring cup. This should be taken into account if you are diabetic or on a low-carbohydrate (low-sugar) diet.

### 3. HOW TO TAKE RHINATHIOL 5% Adult Expectorant Syrup

Do not give this medicine to children aged less than 15 years.

#### **How much RHINATHIOL 5% Adult Expectorant Syrup should be taken**

FOR USE IN ADULTS ONLY (over 15 years).

- one measuring cup in the morning, at midday and in the evening, not during mealtimes, without exceeding 3 measuring cups per day
- one 15 ml measuring cup contains 750 mg of carbocisteine.

THIS MEDICINE HAS BEEN PRESCRIBED FOR YOU PERSONALLY IN A SPECIFIC SITUATION:

- IT MAY BE UNSUITABLE IN OTHER SITUATIONS.
- DO NOT RECOMMEND IT TO OTHERS.

#### **How RHINATHIOL 5% Adult Expectorant Syrup should be taken**

Oral route.

Rinse the cup well after use. Close the bottle tightly after use.

#### **How long RHINATHIOL 5% Adult Expectorant Syrup should be taken**

Treatment duration should be short.

Do not exceed 5 days of treatment without consulting your doctor.

#### **If you take more RHINATHIOL 5% Adult Expectorant Syrup than you should:**

STOP THE TREATMENT AND CONSULT YOUR DOCTOR OR PHARMACIST IMMEDIATELY.

#### **If you forget to take Rhinathiol 5% Adult Expectorant SYRUP:**

Do not take a double dose to make up for a forgotten dose.

### 4. Possible side effects

As with all medicines, **RHINATHIOL 5% Adult Expectorant Syrup** can cause side effects in some patients, although not all patients have them:

Possible digestive disorders such as stomach pain, nausea, vomiting, diarrhea. If any of these occur, you should reduce the dose.

Possible allergic skin reactions such as hives, itching, skin rash, swelling of the face (angioedema). In this case, you should stop the treatment and consult your doctor immediately.

Appearance of brown or purplish patches that can leave the skin discolored (fixed drug eruption). In this case, you should immediately consult your doctor.

Appearance of spots, sometimes with blisters on the skin that can also affect the mouth (erythema multiforme), appearance of blisters with detachment of the skin that can spread over the whole body and may be life-threatening (Stevens-Johnson syndrome).

If you notice any side effects not mentioned in this leaflet, or if certain side effect becomes serious, please inform your doctor or pharmacist.

### 5. HOW TO STORE RHINATHIOL 5% Adult Expectorant Syrup

Keep out of the reach and sight of children.

Do not take **RHINATHIOL 5% Adult Expectorant Syrup** after the expiry date printed on the pack.

Store below 25° C.

Medicines should not be disposed of via wastewater or with household waste. Ask your pharmacist how to dispose of unused medicines. This will help to protect the environment.

### 6. FURTHER INFORMATION

#### **What does RHINATHIOL 5% Adult Expectorant Syrup contain?**

##### **The active substance is:**

Carbocisteine.....5 g  
Per 100ml

**The other ingredients are:** sucrose, methyl parahydroxybenzoate (E218), caramel coloring agent (E150), cinnamon essential oil, aromatic elixir, sodium hydroxide, purified water for 100 ml of syrup.

One measuring cup (15 ml) contains 750 mg of carbocisteine, 6 g of sucrose, 0.2 g of ethanol and 97 mg of sodium.  
Ethanol content (v/v): 1.64°.

**What RHINATHIOL 5% Adult Expectorant Syrup looks like and contents of the pack**

This medicine is an amber coloured syrup with an odour and taste of rum and cinnamon. 125 ml bottle, with a 15 ml measuring cup.

**Manufacturer**

UNITHER LIQUID MANUFACTURING

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