TOULARYNX DEXTROMETHORPHAN 1,5 mg/ml, syrup
Dextromethorphan hydrobromide

Read all of this leaflet carefully because it contains important information for you.
This medicine is available without prescription. However, you still need to take Toularynx dextromethorphan carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 10 days.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

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1. What Toularynx dextromethorphan is and what it is used for?
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1. WHAT TOULARYNX DEXTROMETHORPHAN IS AND WHAT IT IS USED FOR?
Toularynx dextromethorphan belongs to the group of cough inhibitors.
Toularynx dextromethorphan is recommended for the treatment of the symptoms of an annoying, dry cough.

2. BEFORE YOU TAKE TOULARYNX DEXTROMETHORPHAN.
Do not take Toularynx dextromethorphan
- If you are allergic (hypersensitive) to dextromethorphan hydrobromide or any of the other ingredients of Toularynx dextromethorphan.
- In case of severe respiratory complaints.
- On children younger than 6 years old.
- In case of impaired liver function.
- If you already use certain medicines against depression (inhibitors of Monoamine Oxidase).

Take special care with Toularynx dextromethorphan
- In case of respiratory problems, Toularynx dextromethorphan should be used with appropriate caution.
- If you are using other medication. Please also read the section: “Using other medicines”.
Consult your doctor if one of the above warnings applies to you, or if this has been the case in the past.
Using other medicines
Please tell your doctor or pharmacist if you are using or have recently used any other medicines, including medicines obtained without a prescription.
Under no circumstances, Toularynx dextromethorphan may be taken together with certain medicines against depression (inhibitors of Monoamine Oxidase).

Taking Toularynx dextromethorphan with food and drink
Toularynx dextromethorphan can increase the effect of alcohol.

Pregnancy and breast-feeding
Ask your doctor or pharmacist for advice before taking any medicine.
You must be careful about using Toularynx dextromethorphan while pregnant, especially during the first three months. The use of Toularynx dextromethorphan at the end of pregnancy and in the breast-feeding period should be avoided since it can bring about depressed breathing in the new-born baby.

Driving and using machines
Persons who drive motor vehicles or operate machines should keep in mind that a high dose can decrease alertness.
The use of alcohol can intensify this effect.

Important information about some of the ingredients of Toularynx dextromethorphan
Toularynx dextromethorphan contains sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. Sorbitol may have a mild laxative effect. The calorific value is 2.6 kcal/g sorbitol.
Toularynx dextromethorphan also contains methylparahydroxybenzoate and propylparahydroxybenzoate, which may cause allergic reactions (possibly delayed).

3. HOW TO TAKE TOULARYNX DEXTROMETHORPHAN?
Always take Toularynx dextromethorphan exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.
The packaging contains a cup that can measure up to 30 ml. The bottle is sealed with a child-resistant closure that should be opened as followed: push the closure down while turning counter-clockwise (see figure).

The usual dose is:
Adults and children aged from 12 years: 2 teaspoonfuls (= 10 ml) 4 to 6 times a day.
Children aged 6 to 12 years: 2 teaspoonfuls (= 10 ml) 2 to 3 times a day.
Children under 6 years of age are not to be given this medicine.
Toularynx dextromethorphan may be used by diabetics.
Treatment should be carried out over as short a period as possible.

If you take more Toularynx dextromethorphan than you should
If you have taken too much Toularynx dextromethorphan, contact your doctor, your pharmacist or the Anti-Poison centre (070/245.245) immediately.
The possibility exists that too much medicine is taken by accident, especially by children. If a patient is suspected of having taken an overdose, he or she should be kept under careful observation, and if necessary, hospitalized.

The following are signs of overdosing: vomitious feeling, weakened vision, spasms, confusion, agitation, difficult breathing and drowsiness.

The antidote is naloxone.

**If you forget to take Toularynx dextromethorphan**
Do not take a double dose to make up for a forgotten dose.

**If you stop taking Toularynx dextromethorphan**
There are no specific problems to be expected when treatment is stopped.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. **POSSIBLE SIDE EFFECTS.**

Like all medicines, Toularynx dextromethorphan can cause side effects, although not everybody gets them.
- In rare instances drowsiness, dizziness, headache, agitation, confusion and constipation can occur.
- Very high doses can depress breathing.
- Long use of high doses can lead to dependence.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

5. **HOW TO STORE TOULARYNX DEXTROMETHORPHAN?**

Keep out of the reach and sight of children. Do not store above 25°C. Store in the original package. Do not use Toularynx dextromethorphan after the expiry date which is stated on the box /the label after “EXP”. The first two figures indicate the month, the following two or four figures the year. The expiry date refers to the last day of that month.

6. **FURTHER INFORMATION.**

What Toularynx dextromethorphan contains
- The active substance is dextromethorphan hydrobromide 1,5 mg/ml.
- The other ingredients are: sodium saccharin - sorbitol solution - methylparahydroxybenzoate - propylparahydroxybenzoate - propylene glycol - flavour - purified water.

What Toularynx dextromethorphan looks like and contents of the pack
Toularynx dextromethorphan is presented as a syrup. Glass bottle of 180 ml syrup with child-resistant closure of polypropylene with a polyethylene sealing disk, delivered with a cup of 30 ml.

**Marketing Authorisation Holder and Manufacturer**
Laboratoria QUALIPHAR N.V./S.A.
Rijksweg 9 – 2880 Bornem – Belgium

**Marketing authorisation number:** BE156256
Freely available.

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