

# STENAC GRANULES

Acetylcysteine (100mg, 200mg)

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## What Stenac is used for

Stenac Granules are used:

- to reduce the thickness of secretions from the respiratory tract
- as adjuvant therapy in chronic lung disease.

## How Stenac works

Acetylcysteine belongs to a group of medicines called mucolytic which work by thinning the mucus (phlegm) so that it can be coughed up more easily.

Before you use Stenac

### -When you must not use it

- You are allergic (hypersensitive) to acetylcysteine or any of the other ingredients of this medicine.
- Your child is under 2 years of age.

### -Before you start to use it

Talk to your doctor or pharmacist before taking Stenac if:

- You suffer from asthma. You may need to be monitored closely while taking this medication.
- Risk of gastrointestinal bleeding (eg: in

stomach/intestinal ulcer or swollen veins of esophagus), as oral acetylcysteine may induce vomiting.

- Intolerance to histamine.

### -Taking other medications

Activated charcoal should be avoided in the treatment of acetaminophen since they may decrease the absorption of orally administered acetylcysteine.

## How to use Stenac

### -How much to use

- Dissolve the content of one sachet into a glass of cold or warm water.
- Adults & adolescents over to 12 years of age: 600 mg daily, divided into one or more intakes (e.g. 200 mg 3 times daily).
- Children from 2 to 12 years of age: 100 mg 3 times daily or 200 mg twice daily.
- Long-term treatment: 400- 600 mg daily, divided into one or more intakes
- *Mucoviscidosis* (genetic disorder): the same dosage as above, however, for children from 6 years of age, 200mg 3 times daily or 600mg once daily.

### -When to use it

Use as directed by your doctor or pharmacist.

### -How long to use it

Use as directed by your doctor or pharmacist.

### -If you forget to use it

If you forget to take a dose, take it as soon as possible. Take the next dose at the correct time in accordance with the instructions given by your doctor or pharmacist. However, if it is almost time to take the next dose, skip the missed dose and take your next dose as usual. Do not double up the dose to make up for the missed dose.

### -If you use too much (overdose)

Acetylcysteine over dosage may result in exaggerated side effects. Contact your doctor or get medical advice immediately. If possible, take the sachets, the box and this leaflet with you to show the doctor.

## While you are using it

### -Things you must do

After taking acetylcysteine, you may notice an increase in phlegm volume. Kindly expel the phlegm by coughing it out to keep the airways clear. If you have difficulty breathing after taking this medicine (especially if you are asthmatic), discontinue taking and seek medical attention promptly.

### -Things you must not do

It is preferred not to mix other medications you are consuming with Stenac solution.

Do not store a solution of Stenac for later use. Once dissolved in water, consume it immediately.

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## - Things to be careful of

Stenac contains a food colouring agent called Sunset Yellow. If you are allergic to this ingredient or any other ingredients of this product, please seek medical advice before using.

## **Side effects**

Like all medicines, Stenac has the potential to cause side effects, although not everyone will experience them. Some of the side effects of this product is listed below:

- Inflammation of the mouth and lips.
- Nausea and vomiting.
- Fever.
- Watery eyes or nose.
- Drowsiness.
- Chest tightness.
- Narrowing of the airways, leading to difficulty in breathing.

If you experience any of these side effects or effects which are not listed, discontinue the use of this product and seek medical attention immediately.

Stenac Granules may cause severe allergy and serious skin reactions. Stop using Stenac Granules and seek medical assistance immediately if you experience any of the following symptoms:

- Severe allergy: breathing difficulties, light headedness, skin swellings or rash.
- Severe skin reaction: skin reddening, blisters, rash, fever, sore throat or eye irritation.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website [npra.gov.my](http://npra.gov.my) [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

## **Storage and Disposal of Stenac**

### - Storage

Store below 30°C. Protect from light. Store in the original package to protect from moisture. Keep medicines out of reach of children.

### - Disposal

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **Product Description**

### - What it looks like

Orange granules with orange flavor. Place 1 sachet in 100 mL of hot water, and stir until the granules dissolve completely. The color of solution is light orange and clear.

### - Ingredients

- Active ingredient:  
Acetylcysteine  
- Inactive ingredients: Dextrose Anhydrous, Saccharin Sodium, FD & C Yellow No.6 (Sunset Yellow FCF), Orange Powder.

## - MAL number:

- Stenac Granules 100mg: MAL22076011XCZ
- Stenac Granules 200mg: MAL22076012XCZ

## **Manufacturer**

U-Liang Pharmaceutical Co., Ltd.  
No.10, Kuang-Fu Rd., Hu-Kou Hsiang, Hsin Chu Hsien, Taiwan, R.O.C.

## **Product Registration Holder**

Apex Pharmacy Marketing Sdn Bhd  
No. 2, Jalan SS 13/5, 47500 Subang Jaya, Selangor Darul Ehsan, Malaysia.

## **Date of revision**

26/8/2025

## **Serial Number**

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