

BENA EXPECTORANT

Diphenhydramine hydrochloride/Ammonium chloride (14mg/135mg per 5ml)

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What *Bena Expectorant* is used for

- For the relief of chest congestion and coughs with thick phlegm.
- Helps to clear the airways, liquefy and loosen stubborn phlegm and soothes tiresome coughing.

How *Bena Expectorant* works

Diphenhydramine Hydrochloride is an antihistamine that works by blocking a certain natural substance (histamine) that your body makes during an allergic reaction. Its drying effects are caused by blocking another natural substance made by your body (acetylcholine).

Ammonium Chloride is an expectorant that helps to liquefy and loosen stubborn phlegm in airways.

Before you use *Bena Expectorant*

- When you must not use it

- Do not use *Bena Expectorant* if you
- are allergic to any ingredients in this medicine.
 - not to be used in children less than 2 years of age.
 - to be used with caution and on doctor's or pharmacist's advice in children 2 to 6 years of age.

- Before you start to use it

- Tell your doctor or pharmacist before using *Bena Expectorant* if you:
- are pregnant or plan to get pregnant.
 - are breast-feeding or plan to start breast-feeding.
 - have liver and/or kidney problems

- Taking other medicines

Tell your doctor or pharmacist if you are taking alcohol, tranquilizers, sedativehypnotics and CNS depressant which will increase CNS depression and MAO inhibitors which will increase

anticholinergic effects. This includes any medicines which you have bought without a prescription.

How to use *Bena Expectorant*

- How much to use

- *Adult and children over 12 years*
5 to 10ml every 4 to 6 hours.
(Not exceeding 60ml in 24 hours)

- *Children 6 to 12 years*
2.5 to 5ml every 4 to 6 hours.
(Not exceeding 30ml in 24 hours)

- *Children 2 to 5 years*
2.5ml every 4 to 6 hours.
(Not exceeding 20ml in 24 hours)

- When to use it

Follow the prescription from your doctor or pharmacist.
Take medication with a full glass of water.

- How long to use it

Follow the prescription from your doctor or pharmacist. Ask your doctor or pharmacist before prolonged use of this medicine.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.
Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Symptoms of overdose include jerking of muscles and possible convulsions, may be followed by stupor (a state of reduced consciousness).

While you are using *Bena Expectorant*

- Things you must do

- Tell all the doctors, dentists and pharmacists treating you that you are taking *Bena Expectorant*.

- Tell your doctor immediately if you become pregnant while taking this medication.
- Always wash your hand before handling the medicine.
- Take the medicine at the same time each day.
- Take medication with a full glass of water.

- Things you must not do

- Do not give *Bena Expectorant* to anyone else, even if they have the same symptoms or condition as you.
- Do not use this medicine by yourself without prescription from your doctor or pharmacist.

- Things to be careful of

This preparation may cause drowsiness. If affected do not drive motor vehicles or operate machinery. Avoid taking alcoholic drinks or other drugs that may produce drowsiness.

Side effects

- Sedation, dizziness
- Headache and drowsiness
- Buzzing in the ear
- Fatigue
- Blurred vision, double vision(diplopia)
- Excitement (euphoria), sleeplessness
- Nervousness, shaking
- Gastrointestinal disturbances
- Nausea, thirst
- Hypernatraemia (excessive amount of sodium in blood)

Like all medicines, *Bena Expectorant* can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

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.moh.gov.my (Public → Reporting Medicinal Problems/ Side Effects/ AEFI/ Vaccine Safety).

Storage and disposal of *Bena Expectorant*

- Storage

Store in a cool place below 30 °C.
Keep out of the reach of the children.
Do not use this medicine after expiry date.

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- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product description

- What it looks like

Brown pleasantly flavoured expectorant cough mixture.

- Ingredients

- Active ingredients

Diphenhydramine Hydrochloride,
Ammonium Chloride.

- Inactive Ingredients

Sodium Citrate, Sodium Benzoate,
Saccharin Sodium, Spirit Chloroform,
Purified Water, Syrup, Menthol, Citric
Acid Anhydrous, Glycerin, Liquid
Caramel, Mix flavours.

- MAL number

MAL16105026AZ

**Manufacturer and Product Registration
Holder**

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