

APOHEALTH SINUS Nasal Decongestant Tablets

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using [APOHEALTH Sinus Nasal Decongestant tablets]?

APOHEALTH Sinus Nasal Decongestant tablets contains the active ingredient pseudoephedrine hydrochloride. APOHEALTH Sinus Nasal Decongestant tablets is used to clear nasal congestion and dry runny nose, making breathing easier.

For more information, see Section [1. Why am I using APOHEALTH Sinus Nasal Decongestant tablets?](#) in the full CMI.

2. What should I know before I use APOHEALTH Sinus Nasal Decongestant tablets?

Do not use if you have ever had an allergic reaction to pseudoephedrine hydrochloride or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use APOHEALTH Sinus Nasal Decongestant tablets?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with APOHEALTH Sinus Nasal Decongestant tablets and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use APOHEALTH Sinus Nasal Decongestant tablets?

- Adults and children over 12 years of age: 1 tablet 3 to 4 times a day, when necessary. Do not exceed 4 tablets in 24 hours.
- Not suitable for use in children under 12 years.

More instructions can be found in Section [4. How do I use APOHEALTH Sinus Nasal Decongestant tablets?](#) in the full CMI.

5. What should I know while using APOHEALTH Sinus Nasal Decongestant tablets?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using Pseudoephedrine hydrochloride• If your symptoms do not improve within 7 days, you should contact your doctor for further advice.
Things you should not do	<ul style="list-style-type: none">• Give this medicine to anyone else, even if their symptoms seem similar to yours.• Take your medicine to treat any other condition unless your doctor or pharmacist tells you to.
Driving or using machines	<ul style="list-style-type: none">• APOHEALTH Sinus Nasal Decongestant tablets may cause dizziness in some people.
Drinking alcohol	<ul style="list-style-type: none">• Tell your doctor if you drink alcohol. Alcohol may have effects while taking the medicine.
Looking after your medicine	<ul style="list-style-type: none">• Keep your medicine in its original packaging until it is time to take it.• If you take your medicine out of its original packaging it may not keep well.

For more information, see Section [5. What should I know while using APOHEALTH Sinus Nasal Decongestant tablets ?](#) in the full CMI.

6. Are there any side effects?

The common side effects includes raised blood pressure, difficulty sleeping, nervousness, tremor (shaking), dizziness, headache, fast or irregular heartbeat, palpitations, sweating, flushing, anxiety, restlessness, skin rash, hallucinations, dry mouth or loss of appetite.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

APOHEALTH Sinus Nasal Decongestant Tablets

Active ingredient(s): *Pseudoephedrine hydrochloride*

Consumer Medicine Information (CMI)

This leaflet provides important information about using APOHEALTH Sinus Nasal Decongestant tablets. **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 APOHEALTH Sinus Nasal Decongestant tablets.**

Where to find information in this leaflet:

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

1. Why am I using APOHEALTH Sinus Nasal Decongestant tablets?

APOHEALTH Sinus Nasal Decongestant tablets contains the active ingredient **pseudoephedrine hydrochloride**. APOHEALTH Sinus Nasal Decongestant tablets contains pseudoephedrine hydrochloride which acts as a decongestant.

APOHEALTH Sinus Nasal Decongestant tablets is used to clear nasal congestion and dry runny nose, making breathing easier.

2. What should I know before I use APOHEALTH Sinus Nasal Decongestant tablets?

Warnings

Do not use APOHEALTH Sinus Nasal Decongestant tablets 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.
- Symptoms of an allergic reaction may include: cough, shortness of breath, wheezing or difficulty breathing,

swelling of the face, lips, tongue, throat or other parts of the body; rash, itching or hives on the skin; fainting; or hay fever-like symptoms.

If you think you are having an allergic reaction, do not take any more of the medicine and contact your doctor immediately or go to the Accident and Emergency department at the nearest hospital.

- You are taking, or within 14 days after stopping, monoamine oxidase inhibitors (MAOIs), a type of medicine used to treat depression.
- You have very high blood pressure (severe hypertension) or hypertension not controlled by your medication.
- You have severe acute (sudden) or chronic (long-term) kidney disease or kidney failure.
- Do not give to children under 12 years.
- **The expiry date (EXP) printed on the pack has passed.**
- The packaging is torn, shows signs of tampering or it does not look quite right.

If you are not sure whether you should take this medicine, talk to your doctor or pharmacist.

Check with your doctor if you:

- Have allergies to:
 - Any other medicines
 - Any other substances, such as foods, preservatives or dyes.
- take any medicines for any other condition
- You have or had any medical condition, especially the following:
 - High blood pressure
 - Heart disease
 - Depression
 - Lung, liver or kidney disorders overactive thyroid gland
 - Prostate problems such as enlarged prostate
 - Bladder problems
 - Diabetes mellitus (high blood sugar)
 - Increased pressure in the eye (glaucoma)
 - Any other medical problems
- You are currently pregnant or you plan to become pregnant. Do not take this medicine whilst pregnant until you and your doctor have discussed the risks and benefits involved

- You are currently breastfeeding or you plan to breast-feed. Do not take this medicine whilst breastfeeding.
- Small amounts of pseudoephedrine may be excreted in breast milk.
- You are planning to have surgery or an anaesthetic.
- You are currently receiving or are planning to receive dental treatment.
- You are taking or are planning to take any other medicines. This includes vitamins and supplements that are available from your pharmacy, supermarket or health food shop.

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 if you are pregnant or intend to become pregnant.

Talk to your doctor if you are breastfeeding or intend to breastfeed.

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 APOHEALTH Sinus Nasal Decongestant tablets and affect how it works.

- medicines for high blood pressure
- medicines used for arrhythmia (for e.g. digoxin, quinidine)
- medicines that suppress appetite and for slimming
- other nasal decongestants (e.g. medicines used to treat symptoms of colds and flu) medicines for depression
- medicines used to relieve the burning sensation associated with urinary tract infections
- levodopa (a medicine used to treat Parkinson's disease)

If you are taking any of these you may need a different dose or you may need to take different medicines. Other medicines not listed above may also interact with pseudoephedrine.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect APOHEALTH Sinus Nasal Decongestant tablets.

4. How do I use APOHEALTH Sinus Nasal Decongestant tablets?

How much to take / use

- Adults and children over 12 years of age:

1 tablet 3 to 4 times a day, when necessary. Do not exceed 4 tablets in 24 hours.

Not suitable for use in children under 12 years.

- If you are unsure what dose to take, ask your pharmacist.

When to take / use APOHEALTH Sinus Nasal Decongestant tablets

- APOHEALTH Sinus Nasal Decongestant tablets should be used for the relief of minor and temporary ailments and should be used strictly as directed. Prolonged use may be harmful. If symptoms persist, seek medical advice.

How to [insert appropriate verb] [APOHEALTH Sinus Nasal Decongestant tablets] (relevant for devices)

- [insert relevant step-by-step instructions / considerations for device use]

If you forget to use APOHEALTH Sinus Nasal Decongestant tablets

APOHEALTH Sinus Nasal Decongestant tablets should be used regularly at the same time each day.

If you miss a dose, do not take a double dose to make up.

This medicine should only be used when necessary.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose you missed.

If you use too much APOHEALTH Sinus Nasal Decongestant tablets

If you think that you have used too much [APOHEALTH Sinus Nasal Decongestant tablets], 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 APOHEALTH Sinus Nasal Decongestant tablets?

Things you should do

Take APOHEALTH Sinus Nasal Decongestant tablets as described on the label and in this leaflet. If your symptoms do not improve within 7 days, you should contact your doctor for further advice.

Call your doctor straight away if you:

- you are about to be started on any new medicine
- you are pregnant or are planning to become pregnant
- you are breastfeeding or are planning to breast-feed
- you are about to have any blood tests
- you are going to have surgery or an anaesthetic or are going into hospital.

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

Things you should not do

- Give this medicine to anyone else, even if their symptoms seem similar to yours.
- Take your medicine to treat any other condition unless your doctor or pharmacist tells you to.
- Change the dosage, without first checking with your doctor or pharmacist.

Things to be careful of

This product may cause sleeplessness if it is taken up to several hours before going to bed.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how APOHEALTH Sinus Nasal Decongestant tablets affects you.

APOHEALTH Sinus Nasal Decongestant tablets may cause dizziness in some people

Drinking alcohol

Tell your doctor if you drink alcohol.

Alcohol may have effects while taking the medicine.

Looking after your medicine

Keep your medicine in its original packaging until it is time to take it.

If you take your medicine out of its original packaging it may not keep well.

Follow the instructions in the carton on how to take care of your medicine properly.

Keep your medicine in a cool dry place where the temperature will stay below 30°C.

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.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

When to discard your medicine (as relevant)

The expiry date (EXP) printed on the pack has passed.

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 about side effects.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none"> • raised blood pressure • difficulty sleeping, • nervousness, • tremor (shaking), • dizziness, • headache, • fast or irregular heartbeat, • palpitations, • sweating, • flushing, • anxiety, • restlessness, • skin rash • hallucinations • dry mouth or loss of appetite. 	<p>Speak to your doctor if you have any of these less serious side effects and they worry you.</p>

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"> • difficulty passing urine • If you develop sudden abdominal pain or rectal bleeding this could be due to inflammation of the colon (ischemic colitis). If you experience these symptoms 	<p>Call your doctor straight away, or go straight to the Emergency Department at your</p>

Serious side effects	What to do
<p>stop taking this medicine and contact your doctor or seek medical attention immediately</p> <ul style="list-style-type: none"> • severe or thunderclap headache • nausea/vomiting • confusion • seizures and/or visual disturbances • Posterior reversible encephalopathy syndrome (PRES) • Reversible cerebral vasoconstriction syndrome (RCVS) 	<p>nearest hospital if you notice any of these serious side effects.</p>

Children and the elderly may have an increased chance of getting side effects

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.

Allergic reactions

If you think you are having an allergic reaction to APOHEALTH Sinus Nasal Decongestant tablets, do not take any more of this medicine and tell your doctor immediately or go to the Accident and Emergency department at your nearest hospital.

Symptoms of an allergic reaction may include some or all of the following:

- cough, shortness of breath, wheezing or difficulty breathing
- swelling of the face, lips, tongue, throat or other parts of the body
- rash, itching or hives on the skin
- fainting
- hay fever-like symptoms.

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.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What APOHEALTH Sinus Nasal Decongestant tablets contains

Active ingredient (main ingredient)	Pseudoephedrine hydrochloride 60mg
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> • microcrystalline cellulose • magnesium stearate • calcium hydrogen phosphate dihydrate
Potential allergens	N/A

This medicine contains no lactose, sugar, gluten, yeast, artificial colouring, preservatives, starch, dairy products, glucose or alcohol.

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

What APOHEALTH Sinus Nasal Decongestant tablets looks like

APOHEALTH Sinus Nasal Decongestant tablets come as white round-shaped tablets.

Blister pack of 12 tablets

Aust R 265772

Who distributes APOHEALTH Sinus Nasal Decongestant tablets

Arrotex Pharmaceuticals Pty Ltd

15-17 Chapel Street

Cremorne, VIC 3121

www.arrotex.com.au

This leaflet was prepared in December 2025.