

Chemists' Own Sinus and 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 Chemists' Own Sinus and Nasal Decongestant?

Chemists' Own Sinus and Nasal Decongestant contains the active ingredient pseudoephedrine hydrochloride. Chemists' Own Sinus and Nasal Decongestant is used for the symptomatic relief of sinus and nasal congestion due to allergic (seasonal) rhinitis, vasomotor (perennial) rhinitis, sinusitis, the common cold and flu.

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

2. What should I know before I use Chemists' Own Sinus and Nasal Decongestant?

Do not use if you have ever had an allergic reaction to Chemists' Own Sinus and Nasal Decongestant 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 Chemists' Own Sinus and Nasal Decongestant?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Chemists' Own Sinus and Nasal Decongestant 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 Chemists' Own Sinus and Nasal Decongestant?

The recommended dose for adults and children over 12 years is 1 tablet 3-4 times a day, as necessary

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

5. What should I know while using Chemists' Own Sinus and Nasal Decongestant?

Things you should do	<ul style="list-style-type: none">Remind any doctor, dentist or pharmacist you visit that you are using Chemists' Own Sinus and Nasal Decongestant.
Things you should not do	<ul style="list-style-type: none">Do not stop using this medicine suddenly to treat any other complaints unless your pharmacist or doctor tells you toDo not give your medicine to anyone else, even if they have the same condition as you.
Driving or using machines	<ul style="list-style-type: none">Chemists' Own Sinus and Nasal Decongestant may cause dizziness in some peopleIf this happens, do not drive or operate machinery.
Drinking alcohol	<ul style="list-style-type: none">Tell your doctor if you drink alcohol.
Looking after your medicine	<ul style="list-style-type: none">Keep your medicine in the original pack until it is time to take.Keep your medicine in a cool dry place where the temperature stays below 30oC.

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

6. Are there any side effects?

The common side effects include headache, drowsiness, dizziness, difficulty sleeping, nervousness, excitability, feeling of extreme happiness, restlessness, fear of Anxiety, change in heart rate Rapid or irregular heartbeat, raised blood pressure, tremor, hallucinations, dry Mouth, nausea, vomiting.

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.

Chemists' Own Sinus and Nasal Decongestant tablets

Active ingredient(s): *Pseudoephedrine Hydrochloride*

Consumer Medicine Information (CMI)

This leaflet provides important information about using Chemists' Own Sinus and 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 Chemists' Own Sinus and Nasal Decongestant tablets.**

Where to find information in this leaflet:

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

1. Why am I using Chemists' Own Sinus and Nasal Decongestant tablets?

Chemists' Own Sinus and Nasal Decongestant tablets contain the active ingredient pseudoephedrine hydrochloride. Pseudoephedrine hydrochloride belongs to a group of medicines called sympathomimetic decongestants. It works by reducing congestion in the upper respiratory tract, including the nose, nasal passages and sinuses, making it easier to breathe.

Chemists' Own Sinus Nasal Decongestant tablets is used for the symptomatic relief of sinus and nasal congestion due to allergic (seasonal) rhinitis, vasomotor (perennial) rhinitis, sinusitis, the common cold and flu.

2. What should I know before I use Chemists' Own Sinus and Nasal Decongestant tablets?

Warnings

Do not use Chemists' Own Sinus and Nasal Decongestant 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.
- You are younger than 12 years.

- 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.
- You have severe coronary artery disease (heart disease caused by poor blood flow or narrowing of the blood vessels of the heart).
- You have taken monoamine oxidase inhibitors, medicines used to treat depression, in the last 14 days.

Check with your doctor if you:

- have any other medical conditions:
 - high blood pressure
 - overactive thyroid gland
 - diabetes
 - heart disease and poor blood flow in the blood vessels of the heart
 - glaucoma
- take any medicines for any other condition

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.

Small amounts of pseudoephedrine pass into the breast milk. Your doctor will discuss the potential benefits and risks of taking the medicine if you are breast feeding.

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 Chemists' Own Sinus and Nasal Decongestant and affect how it works.

These include

- Medicines used to treat depression especially monoamine oxidase inhibitors and tricyclic antidepressants.
- Medicines used to treat heart condition
- Medicines used to treat high blood pressure
- Medicine used to treat urinary tract infections and bladder problems

- Medicines used to treat behavioral disorders
- Phenylephrine, a medicine used to treat congestion
- Appetite suppressants

You may need different amounts of your medicines, or you may need to take different medicines.

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

4. How do I use Chemists' Own Sinus and Nasal Decongestant?

How much to take

- The recommended dose of Chemists' Own Sinus and Nasal Decongestant for adults and children over 12 years is 1 tablet 3-4 times a day, as necessary.
- Follow the instructions provided with the medicine.
- Do not exceed 4 tablets in 24 hours
- Do not exceed the recommended dosage.

When to take Chemists' Own Sinus and Nasal Decongestant

- Chemists' Own Sinus and Nasal Decongestant should be taken 3-4 times a day, as necessary.

How to take Chemists' Own Sinus and Nasal Decongestant

- Swallow the tablets whole.
- Do not use for more than 7 days at a time except on medical advice.
- Follow all directions given to you by your pharmacist or doctor carefully. This may differ from the information contained in this leaflet.

If you forget to use Chemists' Own Sinus and Nasal Decongestant

Chemists' Own Sinus and Nasal Decongestant should be used regularly at the same time each day. If you miss your dose at the usual time, otherwise you may take a dose as soon as you remember if you think you need it.

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 Chemists' Own Sinus and Nasal Decongestant

If you think that you have used too much Chemists' Own Sinus and Nasal Decongestant, 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 Chemists' Own Sinus and Nasal Decongestant?

Things you should do

Stop use and talk to your doctor or pharmacist if your symptoms persist, worsen or if new symptoms occur.

Your doctor or pharmacist will assess your condition and decide if you should continue to take the medicine.

Remind any doctor, dentist or pharmacist you visit that you are using Chemists' Own Sinus and Nasal Decongestant

Things you should not do

- Do not take Chemists' Own Sinus and Nasal Decongestant to treat any other complaints unless your pharmacist or doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.
- Do not take more than the recommended dose unless your pharmacist or doctor tells you to.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Chemists' Own Sinus and Nasal Decongestant affects you.

Chemists' Own Sinus and Nasal Decongestant may cause dizziness in some people

If this happens, do not drive or operate machinery.

Drinking alcohol

Tell your doctor if you drink alcohol.

Looking after your medicine

- Keep your medicine in the original pack until it is time to take.
- Keep your medicine in a cool dry place where the temperature stays below 30°C.

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

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.

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">• Headache• Drowsiness• Dizziness• Difficulty sleeping• Nervousness• Excitability• Feeling of extreme happiness• Restlessness• Fear of Anxiety• Change in heart rate• Rapid or irregular heartbeat• Raised blood pressure• Tremor• Hallucinations• Dry Mouth• Nausea• Vomiting	<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">• Urine retention• Pain when passing urine• Severe or thunderclap headache• Nausea/ vomiting• Confusion• Seizures and/or visual disturbances• Shortness of breath• Wheezing or difficulty breathing• Swelling of the face, lips, tongue, or other parts of the body• Rash, itching or hives on the skin• Posterior reversible encephalopathy syndrome (PRES)• Reversible cerebral vasoconstriction syndrome (RCVS)	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>

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.

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 Chemists' Own Sinus and Nasal Decongestant contains

Active ingredient (main ingredient)	Pseudoephedrine hydrochloride
Other ingredients (inactive ingredients)	Carnauba Wax Microcrystalline cellulose Crospovidone Dextrates Hypromellose Macrogol Magnesium stearate Colloidal anhydrous silica
Potential allergens	Contains sugars

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

What Chemists' Own Sinus and Nasal Decongestant looks like

Chemists 'Own Sinus and Nasal Decongestant is a small white tablet with break bar & S/SH on one side.

The Australian Registration Number for Chemists 'Own Sinus and Nasal Decongestant is AUST R 93484.

Who distributes Chemists 'Own Sinus and Nasal Decongestant

Arrotex Pharmaceuticals Pty Ltd

15-17 Chapel Street

Cremorne, Victoria, 3121.

www.arrotex.com.au

This leaflet was prepared in December 2025.