

# Actacode linctus (oral liquid)

## 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.

### WARNINGS

#### **Hazardous and harmful use**

Actacode contains codeine and poses risks of hazardous and harmful use which can lead to overdose and death. Assess the patient's risk of hazardous and harmful use before prescribing and monitor the patient regularly during treatment

#### **Life threatening respiratory depression**

Serious, life-threatening or fatal respiratory depression may occur with the use of Actacode. Be aware of situations which increase the risk of respiratory depression, modify dosing in patients at risk and monitor patients closely, especially on initiation or following a dose increase

#### **Concomitant use of benzodiazepines and other central nervous system (CNS) depressants, including alcohol**

Concomitant use of opioids with benzodiazepines, gabapentinoids, antihistamines, tricyclic antidepressants, antipsychotics, cannabis or other central nervous system (CNS) depressants, including alcohol, may result in profound sedation, respiratory depression, coma, and death. Limit dosages and durations to the minimum required and monitor patients for signs and symptoms of respiratory depression and sedation. Caution patients not to drink alcohol while taking Actacode.

## 1. Why am I using Actacode?

Actacode contains the active ingredient codeine phosphate. Actacode is used for relief of unproductive, dry and intractable coughs associated with colds and flu.

For more information, see Section [1. Why am I using Actacode?](#) in the full CMI.

## 2. What should I know before I use Actacode?

Do not use if you have ever had an allergic reaction to codeine phosphate 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 Actacode?](#) in the full CMI.

## 3. What if I am taking other medicines?

Some medicines may interfere with Actacode 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 Actacode?

- Usual adult recommended dose is 5 mL every 4-6 hours

More instructions can be found in Section [4. How do I use Actacode?](#) in the full CMI.

## 5. What should I know while using Actacode?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist or pharmacist you visit that you are using Actacode</li><li>• Take exactly as directed by your doctor]</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not take any other medicines while taking Actacode without first telling your doctor</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• May cause dizziness in some people. DO not drive or operate machinery until you know how it affects you.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• Be careful drinking alcohol while taking Actacode. It may make some of the unwanted side effects of Actacode worse.</li></ul>

	<ul style="list-style-type: none"><li>• Advise <u>not</u> to drink alcohol while taking alcohol</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Store below 30°C in a cool dry place, away from light.</li></ul>

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

## **6. Are there any side effects?**

The more common side effect are constipation, nausea (feeling sick), vomiting, dizziness, drowsiness, skin rashes. Serious side effects include breathing difficulties.

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.

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# Actacode linctus

**Active ingredient(s):** *codeine phosphate hemihydrate*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using [medicine name]. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about Actacode.**

**Where to find information in this leaflet:**

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

### 1. Why am I using Actacode?

**Actacode contains the active ingredient codeine phosphate hemihydrate.** Actacode is a cough suppressant.

**Actacode is used to** relieve unproductive, dry and intractable coughs associated with colds and flu.

### 2. What should I know before I use Actacode?

**Warnings****Do not use Actacode if:**

- you are allergic to codeine phosphate, or any of the ingredients listed at the end of this leaflet.

- You have ever had an allergic reaction to codeine, morphine, oxycodone
- Symptoms of an allergic reaction may include red, itchy skin rashes, difficulty breathing, hay fever, swelling of the face or throat or faintness
- Always check the ingredients to make sure you can use this medicine.
- you are experiencing breathing difficulties such as asthma, bronchitis, emphysema or other severe/acute respiratory diseases.
- you are suffering from diarrhoea caused by poisoning or antibiotics.
- you have recently ingested a large amount of alcoholic beverages.
- you have had recent biliary tract surgery.
- you recently have had a head injury or conditions that raise the pressure within your head.
- you have been taking monoamine oxidase inhibitors (medicines for treating depression or mood swings, such as phenelzine, tranylcypromide or moclobemide) within the last 10 days.
- You are a child under 12 years of age
- You are aged between 12 to 18 years and have had your tonsils or adenoids removed to treat sleep apnoea

**Check with your doctor if you:**

**Tell your doctor if you have or have had any medical conditions, especially the following:**

- a breathing disorder
- heart disease
- a history of asthma
- lung disease or a history of asthma
- liver disease, hepatitis
- kidney disease or difficulty urinating

- diarrhoea
- recent urinary tract surgery
- a prostate disorder
- Addison's disease (low activity of the adrenal gland)
- an underactive thyroid gland
- a history of drug dependence, including alcohol dependence
- you are a heavy drinker
- you have had a recent head injury or brain tumour
- you have had recent biliary tract surgery
- if you about to have surgery under a general anaesthetic
- if you are under 18 and have undergone adenoidectomy and/or tonsillectomy
- if you know you are a CYP2D6 ultra-rapid metaboliser.
- 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. This medicine passes into breast milk and may affect the baby. If you require ACTACODE therapy, breastfeeding should be stopped and alternative arrangements should be made for feeding the baby during the treatment period.

### **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 Actacode and affect how it works.**

- CNS depressants such as tranquillisers, sedatives, pain killers, barbiturates, medicines to help you sleep or relieve anxiety
- quinidine (a medicine to treat abnormal or irregular heart beat)
- cimetidine (a medicine to treat reflux or stomach ulcer)
- monoamine oxidase inhibitors (medicines for treating depression or mood swings, such as phenelzine, tranylcypromine or moclobemide) taken within the last 10 days
- antihistamines (medicines for the treatment of allergies such as hay fever, insect bites and some cold remedies).

The above medicines may either reduce the effectiveness of ACTACODE, reduce their own effectiveness and/or react with it resulting in untoward or sometimes dangerous side effects.

This list is not exhaustive. Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking ACTACODE.

#### **Use in the elderly**

Elderly patients may be more sensitive to the effects or side effects of this medicine.

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Actacode.**

### **4. How do I use Actacode?**

#### **How much to take / use**

- Your doctor will tell you the dose you need to take. This will depend on your age and other pre-existing health conditions. The usual recommended dose of ACTACODE for adults is 5 mL every four to six hours.
- Follow the instructions provided and use Actacode until your doctor tells you to stop. If symptoms persist, see your doctor

#### **If you forget to use Actacode**

**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.** This may increase the chance of you getting an unwanted effect

- If you have trouble remembering when to take your medicine, ask your pharmacist for some hints

#### **If you use too much Actacode**

If you think that you have used too much Actacode, 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.**

**Also report any other medicine or alcohol (including any barbiturates or narcotics) which has been taken.**

You may need urgent medical attention.

Symptoms of overdose may include weakness, dizziness, lethargy, nausea, vomiting, sweating, mental confusion and hypotension

## 5. What should I know while using Actacode?

### Things you should do

Take ACTACODE exactly as directed by your doctor.

**Tell your doctor if you feel this medicine is not helping your condition.** Your doctor needs to check your progress and see whether you need to keep taking it. Always discuss with your doctor any problems or difficulties during or after taking ACTACODE

Remind any doctor, dentist or pharmacist you visit that you are using Actacode.

### Things you should not do

- take any other medicines while you are taking ACTACODE without first telling your doctor.
- give this medicine to anyone else, even if their symptoms seem similar to yours.

### Things to be careful of

- ACTACODE may be habit forming if used for extended periods of time.
- Depending on your body's individual ability to break down codeine, you may experience signs of overdose even when you take ACTACODE as recommended by your doctor. If symptoms such as slow or shallow breathing, confusion, sleepiness, small pupils or circulatory problems occur, seek immediate medical advice.

### Driving or using machines

**Be careful before you drive or use any machines or tools until you know how Actacode affects you.**

- ACTACODE may cause dizziness in some people and may affect alertness.

### Drinking alcohol

**Tell your doctor if you drink alcohol.**

Alcohol may make some of the unwanted side effects of ACTACODE worse.

**Be careful drinking alcohol while taking ACTACODE.**

Your doctor may suggest that you avoid alcohol completely or reduce the amount of alcohol you drink while you are taking this medicine

### Looking after your medicine

- Keep below 30°C
- Keep your medicine in the bottle it was provided in until it is time to take it.

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"><li>• constipation</li><li>• nausea (feeling sick)</li><li>• vomiting</li><li>• dizziness</li><li>• drowsiness</li><li>• skin rashes</li><li>• sleep disturbance</li><li>• endocrine- adrenal and androgen deficiencies</li></ul>	<b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b>

### Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none"><li>• breathing difficulties</li><li>• fast or irregular heart beat</li><li>• difficulty in urinating (passing water)</li><li>• blurred or double vision</li><li>• itchy, raised or red skin rash</li><li>• withdrawal syndrome including effects on new born infants</li></ul>	<b>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.</b>

**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](http://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 Actacode contains

<b>Active ingredient (main ingredient)</b>	Each one mL contains 5 mg codeine phosphate
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"><li>• propylene glycol</li><li>• hydroxybenzoic acid esters (methyl hydroxybenzoate, ethyl hydroxybenzoate, propyl hydroxybenzoate, isobutyl hydroxybenzoate, butyl hydroxybenzoate)</li><li>• potassium sorbate</li><li>• sucrose</li><li>• glycerol</li><li>• hydrochloric acid</li><li>• sodium hydroxide</li><li>• water – purified</li></ul>
<b>Potential allergens</b>	-

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

### What Actacode looks like

Actacode is a thick, almost colourless and almost odourless syrup free from visible contamination.

Available in 100 mL glass bottles.  
(Aust R 124245).

### Who distributes Actacode

Arrotex Pharmaceuticals Pty Ltd  
15-17 Chapel Street  
Cremorne VIC 3121  
Australia  
[www.arrotex.com.au](http://www.arrotex.com.au)

This leaflet was prepared in April 2026.