

# Olbas<sup>®</sup>

## for children

### Inhalant Decongestant Oil

**For a large print, Braille or audio version of this leaflet please telephone: 01452 524012**

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 7 days.

#### **What is in this leaflet:**

1. What Olbas for Children is and what it is used for
2. What you need to know before you use Olbas for Children
3. How to use Olbas for Children
4. Possible side effects
5. How to store Olbas for Children
6. Contents of the pack and other information

#### **1. What Olbas for Children is and what it is used for**

Olbas for Children contains a mixture of essential pure plant oils which gives off natural vapours to immediately clear nasal congestion and relieve painful sinuses.

Olbas for Children is specially formulated for children and infants to gently clear blocked up noses. It is useful for the treatment of colds and flu, catarrh, hayfever and blocked sinuses.

## 2. What you need to know before you use Olbas for Children

### Do not use Olbas for Children:

- if you or your child is allergic to any of the ingredients of this medicine (listed in section 6)

### If adults use this medicine:

#### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine.

#### Warnings and precautions

Do not allow oil to remain in contact with skin for extended periods.

If symptoms worsen or do not improve after 7 days, a doctor should be contacted.

#### Other medicines and Olbas for Children

Tell your doctor or pharmacist if your child is taking, has recently taken or might take any other medicines including medicines obtained without a prescription.

## 3. How to use Olbas for Children

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. For inhalation use only.

### Using with a tissue:

<b>Children under 3 months:</b>	
Not recommended	
<b>Children aged 3 months to 2 years:</b>	
Day:	Add 4 drops to a tissue and hold close to, <b>but not touching</b> , the child's nose, to allow child to breathe in vapours.
Night:	Add 4 drops to a tissue and place in the bedroom <b>out of the child's reach</b> to inhale throughout the night.

### Children aged 2 and over:

Day:	Add 8 to 12 drops to a tissue and hold close to, <b>but not touching</b> , the child's nose, to allow child to breathe in vapours.
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Night:	Add 8 to 12 drops to a tissue and place in the bedroom <b>out of the child's reach</b> to inhale throughout the night.
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### Using with hot water:

#### Children under 2 years:

Not recommended

#### Children aged 2 and over:

Day:	Add 8 to 12 drops to hot water and allow child to breathe in vapours. Or leave in the room <b>out of the child's reach</b> to inhale the vapours.
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Night:	Add 8 or 12 drops to hot water and leave in the bedroom <b>out of the child's reach</b> to inhale throughout the night.
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- ! Hot water may scald. Keep out of the reach of children.
- ! Close supervision is necessary with young children.
- ! Avoid contact with child's skin and clothing i.e. child's nightwear. If oil does come into contact with skin or clothing, wash off immediately with cold water. It may cause a stinging sensation which is not serious and lasts only a short while.
- ! **Do not put drops directly into nose or mouth. If Olbas for Children is accidentally swallowed, seek immediate medical advice.**
- ! If Olbas for Children comes into direct contact with the surface of the eye, wash thoroughly and seek immediate medical advice.
- ! Avoid contact with plastic and other delicate materials.

#### 4. Possible side effects

Like all medicines, Olbas for Children can cause side effects, although not everybody gets them.

#### Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for "MHRA yellowcard" in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

#### 5. How to store Olbas for Children

**Keep this medicine out of the sight and reach of children.**

Do not use Olbas for Children after the expiry date which is stated on the label and carton.

Do not store above 25°C.

Do not use if cap seal is broken or if fitted plastic dropper is missing from bottle neck.

#### 6. Contents of the pack and other information

##### What Olbas for Children contains

The active substances are:

Cajuput Oil .....	4.625%w/w
Clove Oil .....	0.025%w/w
Eucalyptus Oil .....	8.863%w/w
Juniperberry Oil .....	0.675%w/w
Levomenthol .....	1.025%w/w
Methyl Salicylate .....	0.925%w/w
Mint Oil, Partly Dementholised.....	8.863%w/w

The other ingredients are:

Isopropyl Myristate, Orange Fragrance.

##### What Olbas for Children looks like and contents of the pack

Olbas for Children is a colourless to pale yellow, transparent, inhalation vapour liquid. It is available in bottles containing 10ml, 12ml and 15ml. Not all pack sizes may be marketed.

##### Marketing Authorisation Holder and Manufacturer:

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