140mm

Package leaflet: Information for the user

Nytol

or if you feel worse.

Nytol One-A-Night

In this leaflet:

used for

sleeping difficulties.

One-a-Night 50mg Tablets

Diphenhydramine Hydrochloride

Read all of this leaflet before you start taking this

you. • Keep this leaflet, you may need to read it again. • Ask your pharmacist if you need more

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

1.What Nytol One-A-Night is and what it is used for

I. What Nytol One-A-Night is and what it is

hydrochloride, an antihistamine that causes sleepiness or drowsiness. Temporary difficulties in getting a good

night's sleep can be caused by various problems such as

bereavement. In sleep problems of this type, Nytol One-A-Night has been shown to help sufferers to fall

asleep faster, have a longer and deeper sleep, and to wake up feeling rested in the morning.

Do not take Nytol One-A-Night for more than 2 weeks

2.What you need to know before you take

6.Contents of the pack and other information

Nytol One-A-Night is used to relieve temporary

The active ingredient is diphenhydramine

stress, jet lag or personal problems such as

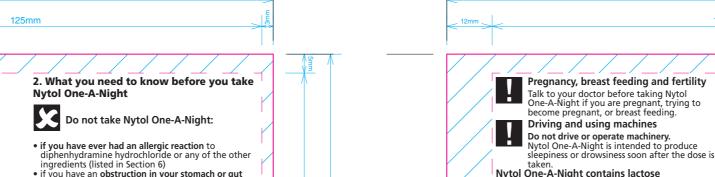
without consulting your doctor.

3. How to take Nytol One-A-Night

4.Possible side effects 5.How to store Nytol One-A-Night

medicine because it contains important information for you. Always take this medicine exactly as described

in this leaflet or as your doctor or pharmacist has told



578

• if you have an obstruction in your stomach or out (for example, because of an ulcer).

## Warnings and precautions

## Talk to your doctor or pharmacist before taking Nytol One-A-Night

- if you have asthma, bronchitis or Chronic Obstructive
- Pulmonary Disease (COPD)
  if you have narrow-angle glaucoma (a form of raised
- pressure in the eye) if you have an enlarged prostate or urinary retention if you have moderate to severe liver or kidney
- disease • if you have myasthenia gravis, epilepsy or seizure
- disorders. If your sleeping difficulties persist, talk to your doctor or pharmacist.
- Nytol One-A-Night may get less effective if you use it continuously.
- Other medicines and Nytol One-A-Night

Talk to your doctor or pharmacist before taking these tablets if you are taking any prescribed medicines; particularly tricyclic antidepressants, monoamine oxidase inhibitors (MAOIs prescribed for depression) within the last two weeks, atropine (used to dilate pupils of the eyes) or medicines which make you drowsy. Avoid the use of other antihistamines including those used on your skin and in cold and cough medicines, while taking this medicine.

Nytol One-A-Night with food, drink and alcohol Do not drink alcohol while using Nytol One-A-Night

you have been told by your doctor that you have an intolerance to some sugars, ask your doctor before taking this medicine 3. How to take Nytol One-A-Night Always take 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 The recommended dose for adults and children aged 16 years and over: Swallow 1 tablet with water 20 minutes before you go to bed.

dose.

sure.

Not to be used by children under 16 years. Not to be used by the elderly with confusion. · Do not take more than the recommended

 Do not take extra tablets if you wake up in the night.

140mm

125m

 Do not take for more than 2 weeks without consulting a doctor.

If you take more Nytol One-A-Night than you should Contact your doctor or casualty department

If you forget to take Nytol One-A-Night Do not take a double dose to make up for a forgotten

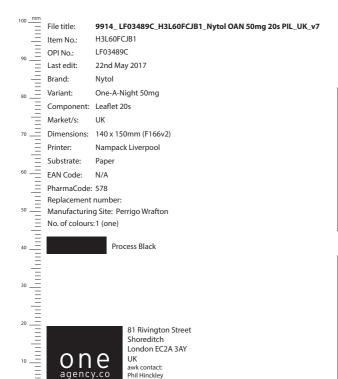
dose. Take the next dose at the usual time as described in this leaflet.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, Nytol One-A-Night can have side

- effects, although not everybody gets then Common (may affect up to 1 in 10 people)
- The most common side effects are: tiredness,
- drowsiness, reduced attention, unsteadiness dizziness or a dry mouth.



ohil@oneagency.co

+44 (0)7710 521027 44 (0)203 008 604

Regulatory Approval:	
Sign:	Date:
Name (please print):	
Contact email:	

Marketing Approval:
Sign:
Name (please print):
Contact email:

PAGE 1 OF 1

