

## **Ambroxol Tablets (am-BROKS-ole)**

### **What is this medication used for**

Ambroxol is used for conditions where there are a lot of thick mucus in the airway passages. Ambroxol belongs to a group of medications called mucolytics. Ambroxol works by thinning down the mucus in the airway passages, thus making the mucus less sticky and it also facilitates the removal of the mucus from the airways.

### **How to use this medication**

#### Adults and children above 12 years

The recommended dose is 30mg (one tablet) to be taken three times a day. The tablets may be taken with or without food.

### **Before you use this medication**

Medical advice should be sought before use if you have any of the following conditions or symptoms:

Symptoms indicative of pneumonia or other lung infections (e.g. breathing difficulty while resting, yellow or green thick mucus, blood-stained mucus, high grade fever with temperature more than 38°C, chest pain), having low immune system due to other health conditions (e.g. HIV) or medications (e.g. chemotherapy, immune system medication) or existing lung conditions such as COLD (chronic obstructive lung disorder) or severe uncontrolled asthma.

Do inform your healthcare professionals if you have severe gastric ulceration, liver or kidney problems.

This medication should be avoided if you have a known history of allergy to ambroxol or bromhexine, or any of the other listed ingredients in the product. Some ambroxol tablets may contain lactose as an inactive ingredient, hence it is not recommended to be taken by individuals having hereditary galactose intolerance, lactase deficiency (enzyme to digest lactose) or problems with galactose absorption.

Ambroxol is not advisable to taken during the first trimester of pregnancy. As ambroxol is excreted in breast milk, it is not recommended to be taken while breastfeeding. Please seek your doctor's or pharmacist's advice before using this medication if you are pregnant or breastfeeding.

### **Interactions with other medications**

Be sure to inform your doctor and/or pharmacist if you are taking, have recently taken or plan to take other medications, nutritional supplements or herbal products.

There are currently no known serious interactions where concomitant use should be avoided. However, do alert your doctor or pharmacist if you are taking any antibiotics as ambroxol may increase the amount of antibiotic penetration.

### **Side effects**

Common side effects: nausea or vomiting, diarrhoea, indigestion, heartburn or bloatedness, abdominal pain, dry mouth or dry throat

### **When to seek further medical advice**

Inform your doctor and/or pharmacist immediately if you experience any allergic symptoms (e.g. skin lesions, rashes, itchiness, difficulty in breathing or eye swelling) or serious side effects due to this medication.

If condition worsens or does not improve after 14 days of use.

### **How should this medication be kept**

Keep out of reach and sight of children.

Store in a cool dry place below 30°C.



*Information updated 25<sup>th</sup> October 2016*

*Prepared by the Pharmaceutical Society of Singapore ([www.pss.org.sg](http://www.pss.org.sg))*

*Reviewed by the Health Sciences Authority*

## **Ambroxol Sustained-release Capsule (am-BROKS-ole)**

### **What is this medication used for**

Ambroxol is used for conditions where there are a lot of thick mucus in the airway passages. Ambroxol belongs to a group of medications called mucolytics. Ambroxol works by thinning down the mucus in the airway passages, thus making the mucus less sticky and it also facilitates the removal of the mucus from the airways.

### **How to use this medication**

#### Adults

The recommended dose is 75mg (one sustained-release capsule) to be taken once daily with or without food. Sustained-release capsules should not be opened or chewed but swallowed whole with sufficient amount of liquid.

### **Before you use this medication**

Medical advice should be sought before use if you have any of the following conditions or symptoms:

Symptoms indicative of pneumonia or other lung infections (e.g. breathing difficulty while resting, yellow or green thick mucus, blood-stained mucus, high grade fever with temperature more than 38°C, chest pain), having low immune system due to other health conditions (e.g. HIV) or medications (e.g. chemotherapy, immune system medication) or existing lung conditions such as COLD (chronic obstructive lung disorder) or severe uncontrolled asthma.

Do inform your healthcare professionals if you have severe gastric ulceration, liver or kidney problems.

This medication should be avoided if you have a known history of allergy to ambroxol or bromhexine, or any of the other listed ingredients in the product.

Ambroxol is not advisable to taken during the first trimester of pregnancy. As ambroxol is excreted in breast milk, it is not recommended to be taken while breastfeeding. Please seek your doctor's or pharmacist's advice before using this medication if you are pregnant or breastfeeding.

### **Interactions with other medications**

Be sure to inform your doctor and/or pharmacist if you are taking, have recently taken or plan to take other medications, nutritional supplements or herbal products.

There are currently no known serious interactions where concomitant use should be avoided. However, do alert your doctor or pharmacist if you are taking any antibiotics as ambroxol may increase the amount of antibiotic penetration.

### **Side effects**

Common side effects: Nausea or vomiting, diarrhoea, indigestion, heartburn or bloatedness, abdominal pain, dry mouth or dry throat.

### **When to seek further medical advice**

Inform your doctor and/or pharmacist immediately if you experience any allergic symptoms (e.g. skin lesions, rashes, itchiness, difficulty in breathing or eye swelling) or serious side effects due to this medication.

If condition worsens or does not improve after 14 days of use.

### **How should this medication be kept**

Keep out of reach and sight of children.

Store in a cool dry place below 30°C.



## Ambroxol Liquid (am-BROKS-ole)

### What is this medication used for

Ambroxol is used for conditions where there are a lot of thick mucus in the airway passages. Ambroxol belongs to a group of medications called mucolytics. Ambroxol works by thinning down the mucus in the airway passages, thus making the mucus less sticky and it also facilitates the removal of the mucus from the airways.

### How to use this medication

Adults and children above the age of 2:

Age range	Volume to use & frequency (based on 30mg/5ml ambroxol liquid)
Adults and children above 12 years	10ml to be taken twice daily
Children 6 to 12 years	5ml to be taken two to three times daily
Children 2 to 5 years	2.5ml to be taken two to three times daily

The liquid can be taken with or without food. Shake the bottle well before use.

### Before you use this medication

Medical advice should be sought before use if you have any of the following conditions or symptoms:

Symptoms indicative of pneumonia or other lung infections (e.g. breathing difficulty while resting, yellow or green thick mucus, blood-stained mucus, high grade fever with temperature more than 38°C, chest pain), having low immune system due to other health conditions (e.g. HIV) or medications (e.g. chemotherapy, immune system medication) or existing lung conditions such as COLD (chronic obstructive lung disorder) or severe uncontrolled asthma.

Do inform your healthcare professionals if you have severe gastric ulceration, liver or kidney problems.

This medication should be avoided if you have a known history of allergy to ambroxol or bromhexine, or any of the other listed ingredients in the product. As liquid ambroxol may contain sorbitol, it is not recommended to be taken by individuals having rare hereditary fructose intolerance.

Ambroxol is not advisable to taken during the first trimester of pregnancy. As ambroxol is excreted in breast milk, it is not recommended to be taken while breastfeeding. Please seek your doctor's or pharmacist's advice before using this medication if you are pregnant or breastfeeding.

### Interactions with other medications

Be sure to inform your doctor and/or pharmacist if you are taking, have recently taken or plan to take other medications, nutritional supplements or herbal products.

There are currently no known serious interactions where concomitant use should be avoided. However, do alert your doctor or pharmacist if you are taking any antibiotics as ambroxol may increase the amount of antibiotic penetration.

### Side effects

Nausea or vomiting, diarrhoea, indigestion, heartburn or bloatedness, abdominal pain, dry mouth or dry throat.

### When to seek further medical advice

Inform your doctor and/or pharmacist immediately if you experience any allergic symptoms (e.g. skin lesions, rashes, itchiness, difficulty in breathing or eye swelling) or serious side effects due to this medication.

If condition worsens or does not improve after 14 days of use.

### How should this medication be kept

Keep out of reach and sight of children.

Store in a cool dry place below 30°C.

Discard bottle 6 months after opening or on the date of expiry whichever sooner.



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