

Bromhexine 8mg Tablet / 4mg/5ml Syrup (brom-HEK-seen)

What is this medication used for

Bromhexine is used in a condition where there is a lot of thick phlegm in the airways. As a mucolytic, it helps to relieve productive cough by thinning the phlegm in the airways and facilitating the removal of the mucus.

How to use this medication

Adults and children above the age of 2

Age	Recommended dose for Tablet	Recommended dose for Syrup
Adults and children 12 years and older	One tablet to be taken 3 times daily	10mL to be taken 3 times daily
Children 6-12 years old	Half tablet to be taken 3 times daily	5mL to be taken 3 times daily
Children 2-5 years old	Not recommended	2.5 mL to be taken 3 times daily

Do not use for longer than 14 days without medical advice.

Bromhexine may be taken with or soon after food. For the syrup, shake the bottle well before use.

If you forget a dose, take it as soon as you remember it. However, if it is nearly time for the next dose, skip the missed dose and continue with your regular dosing schedule. Do not take a double dose at any one time.

Before you use this medication

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

- Symptoms of lung infections e.g. breathing difficulty while resting, fever >38°C, blood-stained mucus
- Low immune system due to other health conditions e.g. HIV or medications e.g. chemotherapy, immune system medication
- Existing lung conditions e.g. chronic obstructive lung disorder or severe uncontrolled asthma
- Gastric ulcers
- Liver or kidney problems.

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

Please seek your doctor's or pharmacist's advice before using this medication if you are pregnant or breastfeeding or likely to become pregnant or breastfeed during the course of medication.

Interactions with other medications

Inform your doctor or pharmacist if you are taking any antibiotics as bromhexine may increase the absorption of antibiotics or if you are planning to take other medications, nutritional supplements, or herbal products.

Side effects

Occasional, mild side effects include bloatedness, diarrhea, dizziness, headache, indigestion, nausea, sweating and skin rashes.

When to seek further medical advice

Inform your doctor and/or pharmacist immediately if you experience any allergic symptoms (e.g. skin rashes, itchiness, difficulty in breathing or swelling of eyes, face, lips) 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.

For syrup: discard bottle 6 months after opening or on the date of expiry whichever sooner.



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