

SINAREST PLUS SUSPENSION

Composition:

Each 5 ml of **SINAREST Syrup** contains:

Paracetamol IP	250 mg
Phenylephrine hydrochloride IP	5 mg
Chlorpheniramine maleate IP	2 mg
Sodium Citrate IP	60 mg
Menthol IP	1 mg

Pharmacology:

SINAREST Plus has a distinct composition from Sinarest Syrup.

SINAREST Plus suspension contains a clinically proven analgesic-antipyretic Paracetamol with decongestant Phenylephrine and an antihistamine Chlorpheniramine. Paracetamol produces analgesia by elevation of the pain threshold and antipyretic effect through action on the hypothalamic heat-regulating center.

Paracetamol is equal to aspirin in analgesic and antipyretic effectiveness, and it is unlikely to produce many of the side effects associated with aspirin and aspirin-containing products. As **SINAREST Plus Suspension** is designed for growing children, the dose of Paracetamol per 5ml has been increased to 250mg as compared to Sinarest Syrup.

Sympathomimetic decongestants reduce the nasal congestion due to increased nasal blood flow associated with colds and influenza. **Phenylephrine** is sympathomimetic vasoconstrictor that has been used as a decongestant. It is a relatively selective alpha-adrenoceptor agonist. The majority of the sympathomimetic action is due to direct stimulation of the adrenoceptors and relatively little is due to an indirect effect via release of noradrenaline. Its pressor action is weaker than that of noradrenaline but of longer duration. At therapeutic doses, it does not cause significant stimulation of the central nervous system.

Chlorpheniramine in **SINAREST Plus** provides prompt relief of itchy-watery eyes, runny nose, sneezing, itching of the nose or throat due to respiratory allergies. **SINAREST Plus** contains, in addition to the above ingredients, a decongestant, Phenylephrine, which is a sympathomimetic amine. It provides prompt relief of nasal and sinus congestion.

The Sodium citrate in **SINAREST Plus** liquefies mucus and helps expectoration whereas Menthol has a cooling and soothing effect.

The pharmacokinetics of this combination is well matched and synergetic. All the drugs are well absorbed orally.

Indications: SINAREST Plus suspension is indicated for:

- Relief of nasal and sinus congestion.
- Relief of allergic symptoms of the nose or throat due to upper respiratory tract allergies.
- Relief of sinus pain and headache.

- Adjunct with antibacterials in sinusitis, tonsillitis and otitis media.
- Post-operative after tonsillectomy.

Contraindications:

- The use of **SINAREST Plus** is contraindicated in patients with hypersensitivity to any of the ingredients of the formulation.

Precautions:

In case a hypersensitivity reaction occurs which is rare, **SINAREST Plus** should be discontinued.

SINAREST Plus contains Paracetamol therefore should not be used in conjunction with other Paracetamol containing products.

SINAREST Plus should be used with caution in patients with renal or hepatic dysfunction, diabetes mellitus, hyperthyroidism, cardiovascular problems, epilepsy and closed angle glaucoma.

It is advisable not to drive or operate machinery when on treatment with **SINAREST Plus**.

Drug Interactions:

Clinically significant drug interactions may occur on concomitant administration of **SINAREST Plus** with monoamine oxidase inhibitors, tricyclic antidepressants, beta-adrenergic agents, methyldopa, reserpine and veratrum alkaloids.

Adverse Reactions:

SINAREST is generally well tolerated and adverse events are rare.

Hypersensitive individuals may display ephedrine-like reactions such as tachycardia, palpitations, headache, dizziness and nausea. Use of sympathomimetics has been associated with fear, anxiety, restlessness, tremor, weakness, dysuria, insomnia, hallucinations and convulsions. Chlorpheniramine in **SINAREST Plus** may cause sedation.

Dosage & Administration:

The usual recommended dose of **SINAREST Plus** in children is:

- 6-12 years: 1 teaspoonful 3-4 times daily
- 2-5 years: ½ teaspoonful 3-4 times daily

Presentation:

SINAREST Suspension is available in bottles of 60 ml and 100 ml with a measuring cup.