IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI

EFFERFLU C COLD & FLU

ISIMO SESHEDULI YOKUPHEPHA NOBUNGOZI BOMUTHI

S2

I-EFFERFLU C COLD & FLU Engamaphilisi ancibilikiswa emanzini

***Paracetamol, Chlorphenamine maleate* kanye ne-*Ascorbic acid* njengoVithamini C**

I-EFFERFLU C COLD AND FLU iqukethe i*sorbitol* engama-212,0 mg ephilisini ngalinye.

Ngaphambi kokuba uqale ukusebenzisa i-EFFERFLU C COLD & FLU funda ngokucophelela lonke leli pheshana lolwazi

- Ligcine leli pheshana lolwazi. Kungenzeka ukuthi kudingeke ukuba uphinde futhi ulifunde.
- Uma uneminye imibuzo engeziwe, buza udokotela wakho, usokhemisi, umhlengikazi noma omunye umhlinzeki wosizo lwezempilo nokwelashwa.
- I-EFFERFLU C COLD & FLU iqondene nawe kuphela futhi inikezwe wena, ngakho-ke ungalokothi wabelane ngayo nabanye abantu. Kungenzeka bona ibalimaze, nakuba nabo benezimpawu ezifana nezakho.

Okuqukethwe kuleli pheshana lolwazi

1. Iyini i-EFFERFLU C COLD & FLU futhi isetshenziselwani?
2. Okumele ukwazi ngaphambi kokuba usebenzise i-EFFERFLU C COLD & FLU
3. Isetshenziswa kanjani i-EFFERFLU C COLD & FLU
4. Imithelela engathandeki okungenzeka ibe khona
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1. Iyini i-EFFERFLU C COLD & FLU futhi isetshenziselwani?

I-EFFERFLU C COLD & FLU isetshenziselwa ukwelapha izimpawu zomkhuhlane okungamafinyila, ukuthimula, umphimbo obuhlungu kanye nezinhlungu ezisemzimbeni wonke.

2. Okumele ukwazi ngaphambi kokuba usebenzise i-EFFERFLU C COLD & FLU

Ungalokothi usebenzise i-EFFERFLU C COLD & FLU:

- uma umzimba wakho ungezwani ne*paracetamol*, uvithamini C, *ichlorphenamine maleate* noma uma ungezwani nanoma yisiphi esinye isithako se-EFFERFLU C COLD & FLU (bheka isigaba 6)
- uma uxinwe kakhulu yisifo sesibindi
- uma unanoma yisiphi isifo senhliziyo nemithambo yegazi
- uma unesifo sokuwa (isithuthwane)
- ungalokothi usebenzise i-EFFERFLU C COLD & FLU ezinganeni ezineminyaka engaphansi kwe-12 ubudala
- uma umzimba wakho ungezwani nanoma iyiphi imithi yokwelapha ama-aleji
- uma uthola ukwelashwa ngomuthi wokwelapha ingcindezi yengqondo, oyi*monoamine oxidase inhibitor*, noma uma uyeke esikhathini esingaphansi kwezinsuku eziyi-14 ukwelashwa ngalokhu
- uma sekusondele isikhathi sokuthi uhlinzwe futhi okuzodinga ukuthi ulaliswe ngomuthi olalisayo ukuze ungabuzwa ubuhlungu ngenkathi uhlinzwa, njengoba umuthi olalisayo i*halothane* noma eminye imithi esetshenziselwa ukulalisa umuntu ozohlinzwa (*halogenated anaesthetics*) kungenzeka idale ukuthi inhliziyo ishaye ngokushesha, ngesigqi esingahambelani kahle (*ventricular fibrillation*)
- uma ukhulelwe noma usancelisa umntwana wakho, njengoba kungaqinisekiswanga ukuphepha kanye nokusebenza kahle kwayo ezimweni ezinjalo.

Izixwayiso kanye nezinto okumele uziqikelele

Qaphela kakhulu uma usebenzisa i-EFFERFLU C COLD & FLU:

- uma unenkinga yokukhukhumala kwendlala yenzalo yowesilisa (*prostate*), njengoba lokhu kungadala izinkinga lapho uchama, inkinga yokukhula kwengcindezi ehlweni (*narrow angle glaucoma*), inkinga yamaphaphu eyenza kube nzima ukuphefumula (*emphysema*) noma

ukuvuvukala kwamaphaphu okuyisimbelambela (ibhronkhayithisi esiyisimbelambela) noma i*porphyria*

- uma unenkinga yokuthakasa nokuba magange ngokweqile ngokwengqondo nangokomzimba okuyinto ephambene nokwejwayelekile
- I-EFFERFLU C COLD & FLU kungenzeka ikhuphule izimpawu zovalo kanye nokungakwazi ukulala kubantu asebekhulile ngokweminyaka kanye nasezinganeni
- I-EFFERFLU C COLD & FLU kungenzeka ikhuphule izimpawu kubantu abadala ikakhulukazi okuyibona abasengcupheni yezinkinga ezinjengomlomo owomile, ukungaphumi ngokuphelele komchamo esinyeni, ubuthongo obunamandla, isiyezi, ukudideka kanye nomfutho wegazi ophansi
- uma uphuza nanoma yibuphi utshwala noma imithi eyehlisa isivinini sokusebenza kobuchopho (imithi elalisayo) enjengamaphilisi okulala noma amanye amaphilisi ezinhlungu ngenkathi usebenzisa i-EFFERFLU C COLD & FLU, njengoba kungenzeka kube kubi kakhulu ukozela kwakho kanye nokuhluleka ukugxilisa ingqondo
- qaphela kakhulu uma unezinkinga zesibindi noma zezinso. Ukusebenzisa lo muthi ngokweqile kungadala umonakalo omkhulu esibindini
- uma udinga noma yikuphi ukuhlolwa kwesikhumba okwenziwa elabholethri kuzodingeka ukuthi uyeke ukusebenzisa lo muthi kusasele izinsuku ezimbalwa ngaphambi kokuhlolwa lokho, njengoba kungenzeka i-EFFERFLU C COLD & FLU iphazamise imiphumela
- tshela udokotela wakho uma izinhlungu noma imfiva kulokhu kubelesele njalo noma kuba kubi kakhulu ngenkathi uthatha umthamosilinganiso onconyiwe, noma uma ubona izimpawu ezintsha, noma uma ububomvu kanye nokuvuvukala kulokhu kubelesele njalo, njengoba lokhu kungenzeka kube yizimpawu zokugula okubucayi kakhulu
- ungalokothi usebenzise i-EFFERFLU C COLD & FLU ngokuqhubekayo izinsuku ezingaphezu kweziyisikhombisa ngaphandle kokubonisana nodokotela wakho.

IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
EFFERFLU C COLD & FLU

I-EFFERFLU C COLD & FLU iqukethe i*paracetamol* engambulala nokumbulala umuntu uma eyiphuze weqisa kumthamosilinganiso onconyiwe. Uma kwenzekile umuntu waphuza umthamosilinganiso oweqile noma uma kusoleka sengathi umuntu weqisile kumthamosilinganiso obekiwe futhi kungakhathalekile ukuthi lowo muntu kungenzeka ukuthi akabonisi zimpawu zokweqisa umthamosilinganiso, kumele kuxhunyanwe ngokushesha nodokotela, isibhedlela noma isikhungo esilawula ubuthi esiseduzane.

Ukusetshenziswa kweminye imithi ne-EFFERFLU C COLD & FLU

Kumele ngaso sonke isikhathi umazise umhlinzeki wakho wosizo lwezempilo nokwelashwa uma kukhona noma iyiphi eminye imithi oyisebenzisayo. (Lokhu kubandakanya nemithi eyizondlamzimba kanye nemithi yesintu.)

- Iziguli ezinemizimba engezwani neminye imithi ethile yokwelapha ama-aleji kungenzeka imizimba yazo ingezwani futhi ne-EFFERFLU C COLD & FLU (bheka isigatshana esithi Ungalokothi usebenzise i-EFFERFLU C COLD & FLU).
- I-EFFERFLU C COLD & FLU kungenzeka idale ukuthi umuntu afikelwe ukozela futhi ahluleke ukugxilisa ingqondo, okungaba kubi kakhulu uma ephuza lo muthi kanyekanye notshwala noma eminye imithi eyehlisa isivinini sokusebenza kobuchopho, isibonelo, imithi elalisayo kanye nemithi eyehlisa ixhala (bheka Izixwayiso).

Paracetamol:

- Uma njengamanje usebenzisa noma iyiphi imithi ewushevu esibindini, lokho kusho ukuthi ukusebenzisa i-EFFERFLU C COLD & FLU kanyekanye naleyo mithi kuzokhuphula ushevu esibindini sakho.
- Ukusebenzisa i-EFFERFLU C COLD & FLU kanyekanye nemithi edala ukukhiqizeka kwezikhuthazalushintsho, okusho, ama-*enzyme* (izibonelo zalokhu yimithi yokwelapha isifo sokuwa, izivimbelanzalo eziphuzwayo kanye ne*rifampin*) kunganciphisa impilo yesibindi futhi kungenzeka kunciphise namandla e-EFFERFLU C COLD & FLU okwelapha.

- I*metoclopramide* (esetshenziselwa ukwelapha izimpawu ezinjengesicanucanu, ukuhlanza, isilungulela, ukuphelelwa wuthando lokudla, kanye nokuzizwa usuthi esiswini okuqhubeka isikhathi eside emuva kokuthi uqedile ukudla) kungenzeka isheshise ukumunceka kwe-EFFERFLU C COLD & FLU.
- I*cholestyramine* (esetshenziselwa ukukhipha i-esidi yenyongo emzimbeni) – ukumunceka kwe-EFFERFLU C COLD & FLU kuyancipha uma iphuzwa esikhathini esingaphansi kwehora emuva kokuphuza i*cholestyramine*.
- Ukusebenzisa i-EFFERFLU C COLD & FLU kanyekanye nama*salicylates* (*aspirin*) isikhathi eside kukhulisa ubungozi bokuhlaselwa yizinkinga ezinamandla zesibindi.
- Ukusebenzisa lo muthi kanyekanye ne*probenecid* (esetshenziselwa ukuvimbela nokwelapha igawuthi (*gout*)) kungadala ukuthi umuntu eqise kumthamosilinganiso we-EFFERFLU C COLD & FLU obekiwe.

Chlorphenamine Maleate

- I*chlorphenamine maleate* kungenzeka ikhulise amandla okulalisa emithi ethile esetshenziselwa ukwehlisa ixhala kuwena noma ekulekelelayo ukuthi ulale.
  Lokhu kubandakanya utshwala, imithi enciphisa isivinini sokusebenza kobuchopho (*barbiturates*), imithi elalisayo (*hypnotics*), izidambisizinhlungu, phecelezi ama-*opioid analgesics* (njenge*codeine*), ama-*anxiolytic sedatives* (asetshenziselwa ukwelapha ixhala), i*belladonna* (umuthi oyikhambi) kanye nemithi yengqondo, ama-*antipsychotics* (esetshenziselwa ukukhulisa impilo yengqondo).
- Ukusetshenziswa kwe-EFFERFLU C COLD & FLU kanyekanye nama*MAO inhibitors* (imithi esetshenziselwa ukwelapha ukugula okuphathelene nengqondo) kungenzeka kwelule futhi kuqinise amandla e*Chlorphenamine maleate* okulalisa. Le mithi akumele isetshenziswe kanyekanye. Kumele umuntu aqaphele lapho esebenzisa lo muthi kanyekanye nama*tricyclic antidepressants* kanye ne*maprotiline* (okuyimithi esetshenziselwa ukwelapha ingcindezi yengqondo), i*guanethidine* (esetshenziselwa ukwelapha umfutho wegazi), i*reserpine*

(eyehlisa umfutho wegazi), i*methyldopa* (enciphisa umfutho wegazi), i-*atropine* (esetshenziselwa ukwelapha ama-aleji anamandla).

- Kungenzeka zifihlakale izimpawu uma i*chlorphenamine maleate* isetshenziswa kanyekanye nemithi engadala umonakalo endlebeni (izibonelo zalo monakalo yinkinga yokungezwa ezindlebeni, ukukhala kwezihlonono ezindlebeni, isiyezi kanye nomuzwa ojikelezayo noma inkinga yokungabi nayo ibhalansi emzimbeni).
- I*chlorphenamine* kungenzeka ikhuphule ubungozi bokungenwa wushevu odalwa wumuthi wokwelapha isifo sokuwa (*phenytoin poisoning*).

UVithamini C

- UVithamini C akumele unikezwe enyangeni yokuqala emuva kokuqala ukwelashwa nge*desferrioxamine* (okungumuthi osetshenziswa njengekhambi lokuqeda ubuthi obudalwa yi-ayoni noma lokwelapha i-ayoni ephakeme ngokweqile emzimbeni) ngenxa yobuthi be-ayoni obuphakeme.
- Imithamosilinganiso emikhulu kaVithamini C kungenzeka ikhuphule amazinga amahomoni kubantu besifazane abasebenzisa izivimbelanzalo eziphuzwa ngomlomo.
- Ukusetshenziswa kukaVithamini C kanyekanye ne*fluphenazine* (esetshenziselwa ukwelapha izinkinga zengqondo) kunganciphisa amandla e*fluphenazine*.
- Kungenzeka lo muthi uguqule indlela esebenza ngayo i*warfarin* (esetshenziselwa ukwelapha nokuvimbela ukuguquka kwegazi libe ngamahlule).

Ukukhulelwa, ukuncelisa kanye nokuba sesimweni sokuzala nokuthola abantwana

Uma ukhulelwe noma usancelisa umntwana wakho, noma uma ucabanga ukuthi mhlawumbe ukhulelwe noma uma uhlela ukuthola umntwana, bonisana nodokotela wakho, usokhemisi noma omunye umhlinzeki wosizo lwezempilo nokwelashwa ukuze uthole ukwelulekwa ngaphambi kokuba usebenzise lo muthi.

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Akuqinisekiswanga ukuphepha kwe-EFFERFLU C COLD & FLU ngenkathi umuntu esakhulelwe noma esancelisa umntwana wakhe, ngakho-ke akumele isetshenziswe (bheka isigatshana esithi Ungalokothi usebenzise i-EFFERFLU C COLD & FLU).

Ukushayela kanye nokusebenzisa imishini

I-EFFERFLU C COLD & FLU ingakwenza wozele futhi iphazamise ukugxila kwengqondo yakho kulokho okwenzayo. Uma usaqala ukwelashwa nge-EFFERFLU C COLD & FLU, ungalokothi ushayele imoto yakho noma usebenzise umshini noma wenze imisebenzi enobungozi lapho ukuphazamiseka kwamandla okugxila kwengqondo yakho kulokho okwenzayo kungaholela ekutheni kwenzeke izingozi.

Ukuphuza lo muthi kanyekanye notshwala noma eminye imithi eyehlisa isivinini sokusebenza kobuchopho, enjengamaphilisi okulala, amaphilisi ezinhlungu kanye namaphilisi okuqeda ixhala kuzokwenza ukuthi kube kubi kakhulu okozela kwakho.

Akulula ukubikezela njalo ukuthi i-EFFERFLU C COLD & FLU izoba nomthelela ongakanani emisebenzini yansukuzonke yesiguli. Iziguli kumele ziqinisekise ukuthi aziyenzi imisebenzi eshiwo ngenhla kuze kufike isikhathi lapho sezibonile ukuthi i-EFFERFLU C COLD & FLU inomthelela ongakanani kuzona.

I-EFFERFLU C COLD & FLU iqukethe i*sorbitol*

I-EFFERFLU C COLD & FLU iqukethe uhlobo lukashukela olunotshwala, i*sorbitol*.

Iziguli ezinenkinga yezifo zofuzo eziyivelakancane, futhi ezinemizimba ehlulekayo ukumelana noshukela wezithelo (*fructose*), akumele ziwusebenzise lo muthi.

3. Isetshenziswa kanjani i-EFFERFLU C COLD & FLU

Ungalokothi wabelane nanoma yimuphi omunye umuntu ngemithi onikezwe yona ngumhlinzeki wakho wosizo lwezempilo nokwelashwa ngoba iqondene nawe kuphela. Ngaso sonke isikhathi i-EFFERFLU C COLD & FLU kumele uyisebenzise ncamashi ngendlela echazwe kuleli pheshana

lolwazi noma ngendlela oyalelwe ngayo ngudokotela wakho, usokhemisi noma umhlengikazi. Kumele ubuze udokotela wakho, usokhemisi noma umhlengikazi uma ungaqinisekile.

UNGALOKOTHI WEQISE KUMTHAMOSILINGANISO ONCONYIWE.

Kubantu abadala kanye nezingane ezineminyaka engaphezu kwe-12 ubudala:
Umthamosilinganiso ojwayelekile yiphilisi elincibilikiswa emanzini elilodwa njalo emuva kwamahora ayisishiyagalombili uma kudingekile. Ncibilikisa iphilisi elilodwa engilazini yamanzi bese ukuphuza ngokushesha lokhu uma selincibilike ngokuphelele lonke iphilisi.

Bonisana nodokotela uma ungabi ngcono kumthamosilinganiso onconyiwe.
Ungalokothi usebenzise i-EFFERFLU C COLD & FLU ngokuqhubekayo isikhathi esingaphezu kwezinsuku eziyisikhombisa ngaphandle kokubonisana nodokotela wakho.

Izingane:
Lamaphilisi akumele asetshenziswe yizingane ezineminyaka engaphansi kwe-12 ubudala.

Uma uphuze i-EFFERFLU C COLD & FLU engaphezulu kwaleyo okumele uyiphuze
Kusemqoka kakhulu ukuthi uthole ukwelashwa okusheshayo.
Uma kwenzekile waphuza umthamosilinganiso oweqile, bonisana nodokotela wakho noma usokhemisi. Uma uhluleka ukuthola omunye walaba, xhumana nesibhedlela esiseduze nawe noma isikhungo esilawula ubuthi/ushevu. Ngenkathi uyobonisana nodokotela, phatha leli pheshana lolwazi kanye nanoma yimaphi amaphilisi akho asele ukuze azi ukuthi yimaphi amaphilisi owasebenzisile.

Izimpawu zomthamosilinganiso wamaphilisi oweqile kungenzeka zibandakanye lokhu:

- Isifo sohudo, ukuphelelwa wuthando lokudla, isicanucanu noma ukuhlanza.
- Ukubukeka ungaphilile, uphaphathekile.
- Isisu esibuhlungu nokudonseka kwemisipha yesisu.

- Ukujuluka kakhulu kunokwejwayelekile.
- Ukungabi nebhalansi kanye nokozela kakhulu.
- Ukoma komphimbo, ikhala kanye nomlomo.
- Ukuba bomvu kakhulu ebusweni kanye nokuphelelwa wumoya (iphika).
- Ukudlikizela komzimba, ukushaya kwenhliziyo ngokushesha futhi ngesigqi esingahambelani kahle.
- Ukuthakasa/ukuba nogqozi ngokweqile.
- Ukubona izinto ezingekho.
- Ukungakwazi ukulawula ngokuphelele ukunyakaza komzimba.
- Ukufinyela kwemisipha yomzimba okuxakile nokungajwayelekile okudala iminyakazo ezenzekela ngokwayo engalawuleki yokuzibinya nokuphiqilika.

Uma kwenzeka ukhohlwa ukuphuza i-EFFERFLU C COLD & FLU

Uma kwenzeka ukhohlwa ukuphuza i-EFFERFLU C COLD & FLU, yiphuze ngokushesha emuva kokukhumbula ukuthi kumele uyiphuze. Uma sekusondele isikhathi sokuphuza umthamosilinganiso olandelayo, linda kuze kufike leso sikhathi. Ungalokothi uphuze imithamosilinganiso yamaphilisi ephindwe kabili ngenhloso yokuvala isikhala semithamosilinganiso okhohliwe ukuyiphuza.

4. Imithelela engathandeki okungenzeka ibe khona

I-EFFERFLU C COLD & FLU kungenzeka ibe nemithelela engathandeki emzimbeni.
Akuyona yonke imithelela engathandeki ebikiwe ye-EFFERFLU C COLD & FLU efakiwe kuleli pheshana lolwazi. Uma siba sibi isimo sakho sempilo jikelele, noma uma uzwa noma yimuphi umthelela ongemnandi futhi ongathandeki emzimbeni ngenkathi usebenzisa i-EFFERFLU C COLD & FLU, bonisana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze uthole ukwelulekwa.
Uma kwenzeka noma yikuphi kulokhu okulandelayo, yeka ukusebenzisa i-EFFERFLU C COLD & FLU futhi utshele udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe:

- ukuvuvukala kwezandla, izinyawo, amaqakala, ubuso, izindebe, umlomo noma umphimbo okungenza kube nzima ukugwinya noma ukuphefumula
- umqubuko obangelwa ukungezwani nokudla/nomuthi othile (phecelezi ama*hives*, ukuluma komzimba, ukuqubuka esikhunjeni.

Konke lokhu kuyimithelela engathandeki ebucayi kakhulu futhi enobungozi. Uma unayo, kusho ukuthi kungenzeka ukuthi umzimba wakho awuzwananga neze ne-EFFERFLU C COLD & FLU oyisebenzile. Kungenzeka udinge usizo lokwelashwa oluphuthumayo noma ukulaliswa esibhedlela. Tshela udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe uma ubona okunye kwalokhu okulandelayo:

- umfutho wegazi ophakeme, umuzwa wokucindezeleka esifubeni, ukunsonsotha, izandla ezisindayo futhi ezibuthakathaka
- ukuguquka kwendlela eshaya ngayo inhliziyo, isibonelo, uma uphawula ukuthi ishaya ngokushesha
- ukuphefumula kanzima
- ukuguquka kombala womchamo noma ukuncipha komthamo womchamo noma ubunzima bokuchama, izinhlungu ezinamandla ezinsweni nasendaweni ezungezile, ukuhluleka kwezinso ukusebenza
- izinkinga ezibucayi kakhulu eziphathelene negazi kubandakanya ne-*agranulocytosis* (ukugula okunamandla futhi okuxinayo okubandakanya isibalo esiphansi ngendlela enobungozi sezingqalampilo zegazi ezimhlophe, okuhambisana nezimpawu ezinjengokugula okuphatha umuntu kuphindelela kubandakanya imfiva noma umphimbo obuhlungu, izilonda noma amachashazi amhlophe ezindebeni noma emlonyeni)
- ukudlikizela komzimba noma ukudlikiza komzimba ngendlela engalawuleki, ukubona izinto ezingekho, ukungakwazi ukulawula ngokuphelele ukunyakaza komzimba, ukudideka
- ukujika kwesikhumba noma izingxenye ezimhlophe zamehlo kube nombala ophuzi, umchamo oguqukayo ube mnyama kanye nendle ephaphathekile kunokwejwayelekile, ukukhathala okukhulu, ubuthakathaka, ukucobeka komzimba, ukuphelelwa wuthando lokudla, isicanucanu

noma ukuhlanza, okubangelwa yizinkinga zesibindi (izimpawu zesifo sokuvuvukala kwesibindi, ijondisi, izinkinga zesibindi noma ukuhluleka kwesibindi ukusebenza)

- ukuvuvukala kwamanyikwe, okudala izinhlungu ezinamandla noma ezihlabayo engxenyeni yomhlane esezansi kanye/noma ohlangothini lwesisu nendawo ezungezile (okubizwa ngesifo sokuvuvukala kwamanyikwe, phecelezi i*pancreatitis*).

Konke lokhu kuyimithelela engathandeki ebucayi futhi enobungozi. Kungenzeka kudingeke ukuba uthole usizo lokwelashwa oluphuthumayo.

Tshela udokotela wakho uma ubona okunye kwalokhu okulandelayo:

Imithelela engathandeki evamile ukubonakala:

- ukozela
- ukugcwala komoya emgudwini wokudla noma umsuzo, isifo sohudo, isicanucanu, ukuhlanza, ukoma komlomo, ikhala noma umphimbo kanye nokuphelelwa wuthando lokudla, ukuqunjelwa.

Imithelela engathandeki engavamile ukwenzeka:

- izinkinga eziphathelene negazi ezihlukahlukene ezihlonzeka kuphela ngokuhlolwa kwegazi, ezinjenge*neutropenia* (isibalo esiphansi sezingqalampilo zegazi ezimhlophe), ukuncipha kwama*platelets* (okuyizinhlayiyana ezisemqoka ekuguquleni igazi libe ngamahlule), ukopha okungena kumathishu, ukuvela komhuzuko, ukuguquka ngesivinini esiphansi kwegazi libe ngamahlule emuva kokulimala (*thrombocytopenia*), i-anemiya (isibalo esiphansi sezingqalampilo zegazi ezibomvu), i*pancytopenia* (inkinga ephathelene nomnkantsha)
- isiyezi, ukujuluka kakhulu kunokwejwayelekile, ukuthuthumela, uvalo, ukungafikelwa wubuthongo/ukungalali noma ikhanda elibuhlungu, ukukhathala komzimba noma kwengqondo; ukungabi namandla, ukuzizwa usesimweni sokuthakasa nokujabula okukhulu
- ukubona ngendlela efiphele noma ukubona into eyodwa sengathi iphindaphindwe kabili
- ukukhala kwemisindo noma izihlonono ezindlebeni
- ukushuba koketshezi emgudwini wokuphefumula

- ukuncipha kokusebenza kwenyongo nesibindi
- ukuba bomvu kwesikhumba kanye nokuxebuka kwesikhumba, ukuqubuka kwesikhumba
- ukuhluleka ukulawula kahle ukusebenza kwamalungu omzimba neminyakazo, ukukhathala okukhulu kanye nokuvuvukala kwemilenze, izinyawo noma izandla.

Le mithelela elandelayo ibikiwe kodwa akwaziwa ukuthi ivamise kangakanani ukwenzeka:

- isikhumba esilumayo, esomile noma umqubuko esikhunjeni esivuvukile, esiguqukile saba nombala obomvu (*dermatitis*)
- ingcindezi yengqondo
- umuzwa onsonsothayo (*pins and needles*)
- ukoma kwemigudu yokuphefumula
- izinhlungu engxenyeni yesisu engasenhla, isifo sokuyokoza
- ukuzwela kakhulu ekukhanyeni, ukuqothuka kwezinwele, ukujuluka, imfiva ehambisana nokuzwa amakhaza noma engahambisani nokuzwa amakhaza
- amajaqamba, inkwantshu, ubuhlungu bemisipha
- ukuchama kaningi
- inkinga yegazi ephathelene nezingqalampilo zegazi ezibomvu (*haemolysis*).

Uma ubona noma iyiphi eminye imithelela engathandeki engabhaliwe kuleli pheshana lolwazi, tshela udokotela wakho noma usokhemisi.

Ukubika imithelela engathandeki

Uma uphathwa yimithelela engathandeki, khuluma nodokotela wakho, usokhemisi noma umhlengikazi. Futhi ungayibika imithelela engathandeki kwabakwaSAHPRA ngokusebenzisa ifomu lokubika imithelela engathandeki (“**6.04 Adverse Drug Reporting Form**”), elitholakala ku-inthanethi ngaphansi kwemibhalo namaphepha ashicileliwe abakwaSAHPRA: https://www.sahpra.org.za/Publications/Index/8. Ngokubika imithelela engathandeki, ungalekelela ekuhlinzekweni kolwazi oluthe xaxa maqondana nokuphepha kwe-EFFERFLU C COLD & FLU.

IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI
EFFERFLU C COLD & FLU

5. Indlela yokugcina i-EFFERFLU C COLD & FLU

Yonke imithi kumele uyigcine endaweni ezingafinyeleli kuyona izingane.

Amaphilisi wagcine endaweni eyomile ezingeni lokushisa elingama-25 ºC noma ngaphansi kwalokho. Sigcine sivalwe ngci isitsha samaphilisi esiyishubhu.

Ungawasebenzisi emuva kosuku lokuphelelwa kwawo yisikhathi olubhalwe kwibhokisana lawo.

Yiphindisele emuva kusokhemisi wakho yonke imithi engasetshenziswanga. Ungalokothi ulahle imithi engasetshenziswanga ezinhlelweni zamapayipi okuchitha amanzi noma okuthutha indle (isibonelo, ezindlini zangasese).

6. Okuqukethwe ephaketheni lamaphilisi kanye nolunye ulwazi

Okuqukethwe yi-EFFERFLU C COLD & FLU

Izithako zokwelapha eziyinhloko eziqukethwe ephilisini ngalinye elincibilika ~~ngokushesha~~ emanzini yi*paracetamol* 500 mg, ne*sodium ascorbate* elingana novithamini C ongama-250 mg kanye ne*chlorphenamine maleate* engama-2 mg.

7. Ezinye izithako yilezi:

Anhydrous citric acid, aspartame, ukunambitheka okusalamula, ukunambitheka okusawolintshi, *povidone, simethicone, sodium carbonate anhydrous, sodium hydrogen carbonate* kanye ne*sorbitol*.

8. Indlela ebukeka ngayo i-EFFERFLU C COLD & FLU kanye nalokho okuqukethwe ephaketheni layo

I-EFFERFLU C COLD & FLU iyiphilisi elimhlophe noma elicishe libe mhlophe ngokombala, eliyindingiliza, eliyisicaba. Likhiqiza ingxubemakhambi ewuketshezi ekhanyayo kancane engenambala enokunambitheka okusawolintshi uma selincibilikisiwe engilazini yamanzi.

IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI

EFFERFLU C COLD & FLU

I-EFFERFLU C COLD & FLU itholakala ezitsheni eziyishubhu ezakhiwe ngepulastiki ye*polypropylene* emhlophe, ezivalwe ngesivalo esiyi*low-density polyethylene cap*. Isitsha esiyishubhu ngasinye siqukethe amaphilisi ayi-10, noma ayi-12 noma angama-20.

9. Umnikazi Wesitifiketi Sokubhaliswa

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10. Leli pheshana lolwazi lagcina ukubuyekezwa mhla zingama-

31 kuNhlaba 2021

11. Inamba yokubhaliswa

RSA S2 A39/5.8/0451

NAM NS1 07/5.8/0167

BOT S3 BOT1302449