Ambroxol 30mg Tablets (am BROKS ole)  
Ambroxol 30mg/5ml 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 airways. Ambroxol belongs to a group of medications called mucolytics. Ambroxol works by thinning the mucus in the airways, thus making the mucus less sticky and facilitates the removal of the mucus.

How to use this medication
Adults and children above the age of 2: Do not use for longer than 14 days without medical advice.

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended dose for Tablet</th>
<th>Recommended dose for Liquid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults and children 12 years and older</td>
<td>One tablet to be taken 3 times daily Or Two tablets to be taken 2 times daily</td>
<td>5mL to be taken 3 times daily Or 10mL to be taken 2 times daily</td>
</tr>
<tr>
<td>Children 6-12 years old</td>
<td>Not recommended</td>
<td>5mL to be taken 2 - 3 times daily</td>
</tr>
<tr>
<td>Children 2-5 years old</td>
<td>Not recommended</td>
<td>2.5 mL to be taken 3 times daily</td>
</tr>
</tbody>
</table>

Ambroxol may be taken with or without food. For the liquid, shake the bottle well before use.

If you forget a dose, take it as soon as you remember it. But if it is nearly time for the next dose, skip the missed dose and continue with next dose at the usual time. 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 or symptoms:
Symptoms indicative of pneumonia or other lung infections (e.g. breathing difficulty while resting, blood-stained mucus, 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 chronic obstructive lung disorder or severe uncontrolled asthma, experience new skin or mucosal lesions.

If you have gastric ulcers, 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 with hereditary galactose intolerance, lactase deficiency (enzyme to digest lactose) or problems with galactose absorption.

Some ambroxol liquids may contain sorbitol, hence it is not recommended to be taken by individuals with 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.

Alert your doctor or pharmacist if you are taking any antibiotics as ambroxol may increase the absorption of antibiotics.

Side effects
Nausea, vomiting, diarrhoea, indigestion, heartburn, bloatedness, abdominal pain, dry mouth or throat, altered taste.

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

Prepared by the Pharmaceutical Society of Singapore, Updated 29 June 2011.  
Reviewed by the Health Sciences Authority.