

# Olbas<sup>®</sup> oil

## INHALANT DECONGESTANT

**For a large print, Braille or audio version of this leaflet please telephone: 01452 524012**

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 7 days.

### **What is in this leaflet:**

1. What Olbas Oil is and what it is used for
2. What you need to know before you use Olbas Oil
3. How to use Olbas Oil
4. Possible side effects
5. How to store Olbas Oil
6. Contents of the pack and other information

### **1. What Olbas Oil is and what it is used for**

Olbas Oil is a blend of pure plant oils for the relief of bronchial and nasal congestion, hayfever and minor infections of the airways by inhalation. When applied to the skin, Olbas Oil also relieves the symptoms of muscular pain and stiffness including:

- backache
- sciatica
- lumbago
- fibrositis (pain, stiffness and tenderness of muscles, tendons and joints)
- rheumatic pain.

## 2. What you need to know before you use Olbas Oil

### Do not use Olbas Oil:

- if you are allergic to any of the ingredients of this medicine (listed in section 6).
- on broken skin.

### Warnings and precautions

If symptoms worsen or do not improve after 7 days, a doctor should be contacted.

### Other medicines and Olbas Oil

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines including:

- blood thinning tablets (e.g. warfarin) (if intending to use on your skin)

### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine.

## 3. How to use Olbas Oil

It is very important to always use this medicine exactly as described in the leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

For inhalation and external use on unbroken skin only.

! Do not put drops directly into nose or mouth. If Olbas Oil is accidentally put into the nose or swallowed, seek immediate medical advice as it can be harmful.

! If Olbas Oil comes into direct contact with the surface of the eye, wash thoroughly and seek immediate medical advice as it can be harmful. See the instructions below for more information on how to use the product correctly.

### AS AN INHALANT:

to clear painful sinuses and relieve nasal congestion.

### Using with a tissue:

Adults and children aged 12 and over:	
Day:	Add 2 or 3 drops to a tissue and inhale the vapours.
Night:	Add 2 or 3 drops to a tissue and leave it <b>inside</b> a pillowcase to inhale throughout the night.
Children aged 2 and over:	
Day:	Add 2 or 3 drops to a tissue and hold close to, <b>but not touching</b> , the child to allow child to breathe in vapours.
Night:	Add 2 or 3 drops to a tissue and place in the bedroom <b>out of the child's reach</b> to inhale throughout the night.

**Children aged 3 months to 2 years:**

Day:	Add 1 drop to a tissue and hold close to, <b>but not touching</b> , the child to allow child to breathe in vapours.
Night:	Add 1 drop to a tissue and place in the bedroom <b>out of the child's reach</b> to inhale throughout the night.

**Children under 3 months:** Not recommended.

! Avoid direct contact with the child's skin and clothing.

**Using with hot water:**

**Adults and children aged 12 and over:**

Day:	Add 2 or 3 drops to hot water and inhale the vapours.
Night:	Add 2 or 3 drops to hot water and leave in the bedroom to inhale throughout the night.

**Children aged 2 and over:**

Day:	Add 2 or 3 drops to hot water and allow child to breathe in vapours. Or leave in the room <b>out of the child's reach</b> to inhale the vapours.
Night:	Add 2 or 3 drops to hot water and leave in the bedroom <b>out of the child's reach</b> to inhale throughout the night.

**Children under 2 years:** Not recommended.

! Hot water may scald. Keep out of the reach of children.

! Close supervision is necessary with young children.

**AS A RUB:**

to relieve muscular pain.

**Adults and children aged 12 and over:**

Apply with gentle massage to the painful area three times daily.

**Children under 12 years:** Not recommended.

! Avoid contact with plastic and other delicate materials.

#### 4. Possible side effects

Like all medicines, Olbas Oil can cause side effects, although not everybody gets them.

You may notice any of the following mild side effects if the oil comes into contact with skin:

- hypersensitivity reactions such as skin rash
- stinging sensation which lasts only a short while.

#### Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for "MHRA yellowcard" in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

#### 5. How to store Olbas Oil

**Keep this medicine out of the sight and reach of children.**

Do not use Olbas Oil after the expiry date which is stated on the label and carton.

Do not store above 25°C.

Do not use if cap seal is broken or if fitted plastic dropper is missing from bottle neck.

#### 6. Contents of the pack and other information

##### What Olbas Oil contains

The active substances (w/w) are:

Cajuput Oil.....	18.5%
Clove Oil.....	0.1%
Eucalyptus Oil.....	35.45%
Juniperberry Oil.....	2.7%
Levomenthol.....	4.1%
Methyl Salicylate.....	3.7%
Mint Oil, Partly Dementholised.....	35.45%

##### What Olbas Oil looks like and contents of the pack

Olbas Oil is a pale green, transparent inhalation vapour liquid.

It is available in bottles containing 10ml, 12ml, 15ml, 28ml, 30ml.

Not all pack sizes may be marketed

##### Marketing Authorisation Holder and Manufacturer:

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