



Please read right through this leaflet before you start using this medicine. This medicine is available without prescription, but you still need to use Nytol One-A-Night carefully to get the best results from it.

- Keep this leaflet, you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

In this leaflet:

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1. What Nytol One-A-Night does

Nytol One-A-Night is used to relieve temporary sleeping difficulties.

The active ingredient is diphenhydramine hydrochloride, an antihistamine that causes sleepiness or drowsiness. Temporary difficulties in getting a good night's sleep can be caused by various problems such as stress, jet lag or personal problems such as bereavement. In sleep problems of this type, Nytol One-A-Night has been shown to help sufferers to fall asleep faster, have a longer and deeper sleep, and to wake up feeling rested in the morning.

2. Check before you take Nytol One-A-Night



Do not take Nytol One-A-Night:

- if you have ever had an allergic reaction to diphenhydramine hydrochloride or to any of the other ingredients (listed in Section 6)
- if you have an obstruction in your stomach or gut (for example, because of an ulcer).



Take special care with Nytol One-A-Night

Talk to your doctor:

- if you have asthma, bronchitis or Chronic Obstructive Pulmonary Disease (COPD)
 - if you have narrow-angle glaucoma (a form of raised pressure in the eye)
 - if you have an enlarged prostate or urinary retention
 - if you have moderate to severe liver or kidney disease
 - if you have myasthenia gravis, epilepsy or seizure disorders.
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- **Do not drive or operate machinery.** Nytol One-A-Night is intended to produce sleepiness or drowsiness soon after the dose is taken.
 - **Do not drink alcohol** while using Nytol One-A-Night.
 - If you have been told by your doctor that you have an intolerance to some sugars, ask your doctor before taking this medicine.
 - If your sleeping difficulties persist, talk to your doctor or pharmacist.
 - Nytol One-A-Night may get less effective if you use it continuously.


If you are taking other medicines

Talk to your doctor or pharmacist before taking these tablets if you are taking any prescribed medicines; particularly **tricyclic antidepressants, monoamine oxidase inhibitors** (MAOIs prescribed for **depression**) within the last two weeks, atropine (used to dilate pupils of the eyes) or medicines which make you **drowsy**. Avoid the use of **other antihistamines** including those used on your skin and in cold and cough medicines, while taking this medicine.


Pregnancy and breast feeding

Talk to your doctor before taking Nytol One-A-Night if you are **pregnant, trying to become pregnant, or breast feeding**.

3. How to take Nytol One-A-Night

 **Adults and children aged 16 years and over:**
Swallow 1 tablet with water 20 minutes before you go to bed.

Not to be used by children under 16 years.
Not to be used by the elderly with confusion.

 • Do not take more than the recommended dose.
• Do not take extra tablets if you wake up in the night.

If you take too many tablets
Contact your doctor or casualty department.

4. Possible side effects

Like all medicines, Nytol One-A-Night can have side effects, but not everybody gets them:

The most common side effects are: tiredness, drowsiness, reduced attention, unsteadiness, dizziness or a dry mouth.

Other side effects may include: allergic reactions (such as rash, shortness of breath and swelling), blurred vision, palpitations (feeling your heart beat) or

irregular heart beat. Muscle twitching, convulsions, headache or pins and needles. Also nausea (feeling sick), vomiting (being sick), thicker bronchial mucus and difficulty passing urine.

If you do get any side effects, even those not mentioned in this leaflet, tell your **doctor or pharmacist**.

5. How to store Nytol One-A-Night

Keep out of the reach and sight of children.

Do not use this medicine after the EXP date shown on the pack.

Store in a dry place.

6. Further information

Active ingredients: Each tablet contains Diphenhydramine Hydrochloride 50 mg.

Other ingredients: Anhydrous lactose, microcrystalline cellulose, maize starch, stearic acid and silicon dioxide.

Packs of Nytol One-A-Night contain 16 tablets.

The marketing authorisation holder is Omega Pharma Ltd., 32 Vauxhall Bridge Road, London, SW1V 2SA, United Kingdom and all enquiries should be sent to this address.

The manufacturer is Wrafton Laboratories Ltd., Wrafton, Braunton, North Devon, EX33 2DL, U.K.

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