

## Information for the user



# Paracetamol 500 mg Effervescent Tablets

**Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- 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.
- You must contact a doctor if your symptoms do not go away after 3 days

### What this medicine is for

This medicine contains paracetamol which belongs to a group of medicines called analgesics and antipyretics that relieve mild to moderate pain and reduce fever.

It can be used to relieve headache, migraine, neuralgia, toothache, period pain, rheumatic aches and pains, sore throat and the symptoms of colds and flu.

### Before you take this medicine

This medicine can be taken by adults and children aged 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

#### **X Do not take:**

- **If you are allergic** to any of the ingredients in this medicine (see "What is in this medicine")

#### **! Talk to your pharmacist or doctor:**

- If you have kidney or liver problems (including a disease caused by drinking alcohol)
  - If you have phenylketonuria (this medicine contains aspartame, a source of phenylalanine, which may be harmful to you)
  - If you are on a low salt (sodium) diet (each tablet contains 438 mg of sodium, which may be harmful to you). Talk to your doctor or pharmacist if you need one or more tablets daily for a prolonged period, especially if you have been advised to follow a low salt (sodium) diet
- You can take this medicine if you are breastfeeding.

### Other important information

**Do not drink alcohol** (e.g. wine, beer, spirits) whilst taking this medicine.

### Pregnancy and breast-feeding

If necessary, paracetamol can be used during pregnancy. You should use the lowest possible dose that reduces your pain and/or your fever and use it for the shortest time possible. Contact your doctor or mid-wife if the pain and/or fever are not reduced or if you need to take the medicine more often

### If you take other medicines

#### **! This medicine contains paracetamol.**

Do not take anything else containing paracetamol while taking this medicine.

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Domperidone or metoclopramide for feeling sick or being sick (may increase the pain relief effect of paracetamol)
- Colestyramine for reducing blood fat levels (may reduce the pain relief effect of paracetamol)
- Chloramphenicol to treat infections
- Warfarin or other blood thinners - if you take warfarin you can take occasional amounts of this medicine, but talk to your doctor first before you take it on a regular basis

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

## ✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

Dissolve the tablets in a glass of water, stir and then drink the solution.

**Adults and children over 16 years:** Take one or two tablets up to 4 times a day, or as instructed by your doctor.

**Children 12 to 15 years of age:** Take 1 tablet maximum.

The dose should not be repeated more frequently than every 4 hours and not more than 4 doses should be taken in any 24 hour period.

Do not continue to take these tablets for more than 3 days unless instructed by your doctor.

Do not take more than the amount recommended above.

**Not recommended for children under 12 years of age.**

- ! **If you take too many tablets:** Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

## Possible side effects

Most people will not have problems, but some may get some:

- ! **If you get any of these serious side effects, stop taking the tablets.**

**See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)
- Allergic skin reactions (which can sometimes be severe and include peeling, blistering and lesions of the skin)

**If you get any of the following side effects see your pharmacist or doctor:**

- Other allergic reactions (e.g. skin rash)
- Unusual bruising, or infections such as sore throats - this may be a sign of very rare changes in the blood
- Yellowing of the skin or eyes, pale stools or upper abdominal pain (these may be signs of liver problems)

## Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. 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). By reporting side effects you can help provide more information on the safety of this medicine.

## How to store this medicine

Do not store above 25°C.

Store in the original package and protect from moisture.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

### **What is in this medicine**

Each effervescent tablet contains Paracetamol 500 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain anhydrous citric acid (E330), povidone, sodium hydrogen carbonate (E500), saccharin sodium, anhydrous sodium carbonate, simeticone (E900), polysorbate 80 (E433), aspartame (E951).

The pack contains 24 round, white effervescent tablets.

### **Who makes this medicine**

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the manufacturer responsible for batch release: Kent Pharmaceuticals Limited, Crowbridge Road, Ashford, Kent, TN24 0GR, UK, Kent Pharmaceuticals Limited, Repton Road, Measham, DE12 7DT.

UK Marketing Authorisation held by Kent Pharma UK Limited, The Bower, 4 Roundwood Avenue, Stockley Park, Heathrow, United Kingdom, UB11 1AF.

Leaflet prepared May 2020

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

### **Other formats**

To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Paracetamol 500 mg Effervescent Tablets

Reference number: 51463/0032

This is a service provided by the Royal National Institute of Blind People.

Artwork reference WBAG413392