3. HOW TO TAKE CO-DYDRAMOL

Always take co-dydramol exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

- Do not take more than the recommended dose
- Do not take for longer than your doctor tells you to
- Swallow the tablets whole with a glass of water

Use in children aged 12 to 15 years: 1 tablet every 4 to 6 hours when necessary to a maximum of 4 tablets in 24 hours.

Co-dydramol should not be given to children under 12 years of age.

If you take co-dydramol than you should
- 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.
- Remember to take any remaining tablets and the pack with you. This is so the doctor knows what you have taken.

If you forget to take co-dydramol
If you forget to take a dose at the right time, take it as soon as you remember. However do not take a double dose to make up for a forgotten dose. Remember to leave at least 4 hours between doses.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following side effects may happen with this medicine:

**Important side-effects you should know about co-dydramol**

- Taking a painkiller for headaches too often or for too long can make them worse.
- Taking co-dydramol regularly for a long time can lead to addiction, which might cause you to feel restless and irritable when you stop the tablets.
- You become dependent on dihydrocodeine
- Headache, dizziness, light-headedness, drowsiness, confusion
- Constipation, feeling sick (nausea), being sick (vomiting)
- You get serious skin reactions. Very rare cases have been reported.

This may mean you are having an allergic reaction to co-dydramol.

**Important side-effects you should know about paracetamol**

- Severe stomach pain, which may reach through to your back. This could be a sign of inflammation of the pancreas (pancreatitis). This is a very rare side effect.

Tell your doctor or pharmacist if any of the following side effects gets serious or lasts longer than a few days:

- Constipation, feeling sick (nausea), being sick (vomiting)
- Headache, dizziness, light-headedness, drowsiness, confusion
- Becoming dependent on dihydrocodeine
- You get infections or bruise more easily than usual. This could be because of a blood problem.
- Redness or blood spots on the skin (purpura)

**Reporting 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. By reporting side effects, you can help provide more information on the medicines you are taking. You may need to read this leaflet again.

5. HOW TO STORE CO-DYDRAMOL

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

- Do not use this medicine after the expiry date shown on the pack. The expiry date refers to the last day of that month.

Store your medicine in the original packaging in order to protect from moisture.

- Do not throw away medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

**What Co-dydramol Tablets contain**

- The active substances are 500mg of paracetamol and 10mg of dihydrocodeine tartrate. The other ingredients are pregelatinised starch, maize starch, providone, potassium sorbate, microcrystalline cellulose, stearic acid, purified talc and magnesium stearate.

- The Marketing Authorisation Holder and Manufacturer is Zentiva, One Onslow Street, Guildford, Surrey, GU1 4YS, UK. This leaflet was updated in January 2017.