


# Paracetamol Tablets 500mg



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

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- 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.

## What is in this leaflet

### 1 What Paracetamol tablets are and what they are used for

### 2 What you need to know before you take Paracetamol tablets

### 3 How to take Paracetamol tablets

### 4 Possible side effects

### 5 How to store Paracetamol tablets

### 6 Contents of the pack and other information

#### 1 What Paracetamol tablets are and what they are used for

Paracetamol tablets belong to a group of medicines called analgesics. They are used for the relief of mild to moderate pain and feverish conditions such as headache, toothache, colds, influenza, joint pain and period pains.

#### 2 What you need to know before you take Paracetamol tablets

**Do not take** Paracetamol tablets if you:

- are **allergic** to paracetamol or any of the other ingredients of this medicine (listed in section 6).

#### Warnings and precautions

**Talk to your doctor or pharmacist** before taking Paracetamol tablets if you have:

- suffered from **alcoholism**
- **severe kidney** or **liver** disease.

#### Other important warnings:

Taking **painkillers** for **headaches** too often or for too long can make them worse.

#### Other medicines and Paracetamol tablets

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

- medicines to prevent blood clotting such as warfarin
- metoclopramide or domperidone (to prevent sickness)
- colestyramine (to treat high cholesterol levels). **Do not take colestyramine within one hour before or after taking paracetamol**
- imatinib (used to treat leukaemia and some stomach tumours).

#### 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 taking this medicine.

If necessary, Paracetamol tablets 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 if the pain and/or fever are not reduced or if you need to take the medicine more often. You can take this medicine whilst breast-feeding.

### 3 How to take Paracetamol tablets

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Swallow the tablets with **water**. Take this medicine for as long as your doctor tells you to.

#### The recommended dose is

- **Adults including the elderly and children over 16 years:** 1 or 2 tablets every 4 to 6 hours as required, to a maximum of 8 tablets in 24 hours.
- **Children 10-15 years:** 1 tablet every 4-6 hours as required, to a maximum of 4 tablets in 24 hours.
- **Children under 10 years:** Not recommended.

#### If you take more Paracetamol tablets than you should

**Seek immediate medical advice in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage.**

If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any, contact your nearest hospital casualty department or tell your doctor immediately. Symptoms of an overdose include feeling or being sick, loss of appetite, stomach pain or liver damage.

#### If you forget to take Paracetamol tablets

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose, take it as soon as you remember it and then take the next dose at the right time.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

### 4 Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

**Tell your doctor** if you notice any of the following side effects or notice any other effects not listed:

- **Allergic reactions** - skin rash
- **Blood** - changes in numbers and types of blood cells. If you have an increase in the number of nose bleeds, notice that you bruise more easily or have more infections, talk to your doctor.

Very rare cases of serious skin reactions have been reported

### 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) or search for MHRA Yellow Card 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 Paracetamol tablets

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

Store below 25°C in a dry place, protected from light.

Do not use this medicine after the expiry date which is stated on the label/carton/bottle. The expiry date refers to the last day of that month. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer require. These measures will help protect the environment.

### 6 Contents of the pack and other information

#### What Paracetamol tablets contain

- The active substance (the ingredient that makes the tablets work) is 500mg of paracetamol.
- The other ingredients are pregelatinised maize starch, maize starch, stearic acid.

#### What Paracetamol tablets look like and contents of the pack

Paracetamol are white, uncoated tablets.

Pack sizes are 30, 32 or 100 tablets. Not all pack sizes may be marketed

#### Marketing Authorisation Holder and Manufacturer

Actavis, Barnstaple, EX32 8NS, UK.

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