

Package leaflet: Information for the patient

Xymel Comp 37.5 mg/325 mg film-coated tablets

Tramadol hydrochloride 37.5 mg
Paracetamol 325 mg

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

1. What Xymel Comp is and what it is used for

Xymel Comp is a combination of two analgesics, tramadol and paracetamol, which act together to relieve your pain.

Xymel Comp is intended for use in the treatment of moderate to severe pain when your doctor recommends that a combination of tramadol and paracetamol is needed.

Xymel Comp should only be taken by adults and adolescents over 12 years.

2. What you need to know before you take Xymel Comp

DO NOT take Xymel Comp

- If you are allergic to tramadol hydrochloride, paracetamol or any of the other ingredients of this medicine (listed in section 6).
- In acute poisoning with alcohol, sleeping pills, pain relievers or other psychotropic medicines (medicines that affect mood and emotions).
- If you are also taking MAO inhibitors (certain medicines used for the treatment of depression or Parkinson's disease) or have taken them in the last 14 days before treatment with Xymel Comp.
- If you suffer from a severe liver disorder.
- If you have epilepsy that is not adequately controlled on your current medicine.

Warnings and precautions

Talk to your doctor before taking Xymel Comp:

- If you take other medicines containing paracetamol or tramadol.
- If you have liver problems or liver disease or if you notice your eyes and skin turning yellow. This may suggest jaundice or problems with your bile ducts.
- If you have kidney problems.
- If you have severe difficulties in breathing, for example asthma or severe lung problems.
- If you have epilepsy or have already experienced fits or seizures.
- If you have recently suffered from a head injury, shock or severe headaches associated with vomiting.
- If you are dependent on any medicines, including those used to relieve pain, for example morphine.
- If you take other medicines to treat pain that contain buprenorphine, nalbuphine or pentazocine.
- If you are going to have an anaesthetic. Tell your doctor or dentist that you are taking Xymel Comp.
- If you suffer from depression and you are taking antidepressants as some of them may interact with

tramadol (see 'Other medicines and Xymel Comp').

Talk to your doctor if you experience any of the following symptoms while taking Xymel Comp: Extreme fatigue, lack of appetite, severe abdominal pain, nausea, vomiting or low blood pressure. This may indicate that you have adrenal insufficiency (low cortisol levels). If you have these symptoms, contact your doctor, who will decide if you need to take hormone supplement.

There is a small risk that you may experience a so-called serotonin syndrome that can occur after having taken tramadol in combination with certain antidepressants or tramadol alone. Seek medical advice immediately if you have any of the symptoms related to this serious syndrome (see section 4 'Possible side effects').

During treatment with Xymel Comp, tell your doctor straight away if:

If you have severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), or you suffer from malnutrition, chronic alcoholism or if you are also taking flucloxacillin (an antibiotic). A serious condition called metabolic acidosis (a blood and fluid abnormality) has been reported in patients in these situations when paracetamol is used at regular doses for a prolonged period or when paracetamol is taken together with flucloxacillin. Symptoms of metabolic acidosis may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea) and being sick (vomiting).

Sleep-related breathing disorders

Xymel Comp can cause sleep-related breathing disorders such as sleep apnoea (breathing pauses during sleep) and sleep related hypoxemia (low oxygen level in the blood). The symptoms can include breathing pauses during sleep, night awakening due to shortness of breath, difficulties to maintain sleep or excessive drowsiness during the day. If you or another person observe these symptoms, contact your doctor. A dose reduction may be considered by your doctor.

If any of the above-mentioned points applied to you in the past or applies to you while you are taking Xymel Comp, please make sure your doctor knows. He/she can then decide whether you should continue to use this medicine.

Tramadol is transformed in the liver by an enzyme. Some people have a variation of this enzyme and this can affect people in different ways. In some people, they may not get enough pain relief but other people are more likely to get serious side effects. If you notice any of the following side effects, you must stop taking this medicine and seek immediate medical advice: slow or shallow breathing, confusion, sleepiness, small pupils, feeling or being sick, constipation, lack of appetite.

Use in children with breathing problems

Tramadol is not recommended in children with breathing problems, since the symptoms of tramadol toxicity may be worse in these children.

Tolerance, dependence, and addiction

This medicine contains tramadol which is an opioid medicine. Repeated use of opioids can result in the drug being less effective (you become accustomed to it, known as tolerance). Repeated use of Xymel Comp can also lead to dependence, abuse and addiction, which may result in life-threatening overdose. The risk of these side effects can increase with a higher dose and longer duration of use.

Dependence or addiction can make you feel that you are no longer in control of how much medicine you need to take or how often you need to take it.

The risk of becoming dependent or addicted varies from person to person. You may have a greater risk of becoming dependent on or addicted to Xymel Comp if:

- You or anyone in your family have ever abused or been dependent on alcohol, prescription medicines or illegal drugs ("addiction").
- You are a smoker.
- You have ever had problems with your mood (depression, anxiety, or a personality disorder) or have

been treated by a psychiatrist for other mental illnesses.

If you notice any of the following signs whilst taking Xymel Comp, it could be a sign that you have become dependent or addicted:

- You need to take the medicine for longer than advised by your doctor
- You need to take more than the recommended dose
- You are using the medicine for reasons other than prescribed, for instance, ‘to stay calm’ or ‘help you sleep’
- You have made repeated, unsuccessful attempts to quit or control the use of the medicine
- When you stop taking the medicine you feel unwell, and you feel better once taking the medicine again (‘withdrawal effects’)

If you notice any of these signs, speak to your doctor to discuss the best treatment pathway for you, including when it is appropriate to stop and how to stop safely (See section 3, If you stop taking Xymel Comp).

Other medicines and Xymel Comp

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

Important: This medicine contains paracetamol and tramadol. Tell your doctor if you are taking any other medicine containing paracetamol or tramadol, so that you do not exceed the maximum daily doses.

You must not take Xymel Comp together with monoamine oxidase inhibitors (“MAOIs”) (see section “DO NOT take Xymel Comp”).

Xymel Comp is not recommended to be taken with the following:

- Carbamazepine (a medicine commonly used to treat epilepsy or some types of pain such as severe pain attacks in the face called trigeminal neuralgia).
- Buprenorphine, nalbuphine or pentazocine (opioid-type pain relievers). The pain-relieving effect may be reduced.

The risk of side effects increases

- If you are taking triptans (for migraine) or selective serotonin re-uptake inhibitors, “SSRIs” (for depression). If you experience confusion, restlessness, fever, sweating, uncoordinated movement of limbs or eyes, uncontrollable jerking of muscles or diarrhoea you should call your doctor.
- If you are taking other pain relievers such as morphine and codeine (also as cough medicine), baclofen (a muscle relaxant), medicines used to lower blood pressure, medicines to treat allergies. You may feel drowsy or feel faint. If this happens, tell your doctor.
Concomitant use of Xymel Comp and tranquillisers or sleeping pills (e.g. benzodiazepines) increases the risk of drowsiness, difficulties in breathing (respiratory depression), coma and may be life-threatening. Because of this, concomitant use should only be considered when other treatment options are not possible. However if your doctor prescribes Xymel Comp together with sedating medicines the dose and the duration of concomitant treatment should be limited by your doctor.
Please tell your doctor about all sedating medicines you are taking, and follow your doctor’s dose recommendation closely. It could be helpful to inform friends or relatives to be aware of the signs and symptoms stated above. Contact your doctor when experiencing such symptoms.
- If you are taking medicines which may cause convulsions (fits), such as certain antidepressants or antipsychotics. The risk having a fit may increase if you take Xymel Comp at the same time. Your doctor will tell you whether Xymel Comp is suitable for you.
- If you are taking certain antidepressants, Xymel Comp may interact with these medicines and you may experience serotonin syndrome (see section 4 ‘Possible side effects’)
- If you are taking warfarin or phenprocoumon (for blood thinning). The effectiveness of such medicines may be altered and bleeding may occur. Any prolonged or unexpected bleeding should be reported to your doctor immediately.
- If you are taking flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2).

- If you are taking gabapentin or pregabalin to treat epilepsy or pain due to nerve problems (neuropathic pain).

The effectiveness of Xymel Comp may be altered if you also take

- Metoclopramide, domperidone or ondansetron (medicines for treatment of nausea and vomiting).
- Cholestyramine (medicine to reduce cholesterol in the blood).

Your doctor will tell you which medicines are safe to take with Xymel Comp.

Xymel Comp with alcohol

Xymel Comp may make you feel drowsy. Alcohol may make you feel drowsier, so it is best not to drink alcohol while you are taking Xymel Comp.

Pregnancy, breast-feeding and fertility

As Xymel Comp contains tramadol, you should not take this medicine during pregnancy or breast-feeding. If you become pregnant during treatment with Xymel Comp, please consult your doctor before taking any further tablets.

Tramadol is excreted into breast milk. For this reason, you should not take Xymel Comp more than once during breast-feeding, or alternatively, if you take Xymel Comp more than once, you should stop breast-feeding.

Based on human experience tramadol is suggested not to influence female or male fertility. No data on the influence of the combination of tramadol and paracetamol on fertility are available.

Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

Xymel Comp may make you feel drowsy and this may affect your ability to drive, or use tools and machines safely.

Xymel Comp contains sodium

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Xymel Comp

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

Before starting treatment and regularly during treatment, your doctor will discuss with you what you may expect from using Xymel Comp, when and how long you need to take it, when to contact your doctor, and when you need to stop it (see also section 2).

You should take Xymel Comp for as short a time as possible.

The use in children below the age of 12 years is not recommended.

The dosage should be adjusted to the intensity of your pain and your individual pain sensitivity. In general the lowest pain-relieving dose should be taken.

The recommended starting dose, unless otherwise prescribed by your doctor is 2 tablets for adults and adolescents over 12 years.

If required, further doses may be taken, as recommended by your doctor. The shortest time between doses must be at least 6 hours.

Do not take more than 8 Xymel Comp film-coated tablets per day.

Do not take Xymel Comp more often than your doctor has told you.

Older people

In elderly patients (above 75 years) the excretion of tramadol may be delayed. If this applies to you, your doctor may recommend prolonging the dosage interval.

Severe liver or kidney disease (insufficiency)/dialysis patients

Patients with severe liver and/or kidney insufficiency should not take Xymel Comp. If in your case the insufficiency is mild or moderate, your doctor may recommend prolonging the dosage interval.

Method of administration

The tablets are for oral use.

Swallow the tablets whole with sufficient liquid (e.g. a 200 ml glass of water). They should not be broken or chewed.

If you think that the effect of Xymel Comp is too strong (i.e. you feel very drowsy or have difficulty breathing) or too weak (i.e. you have inadequate pain relief), contact your doctor.

If you take more Xymel Comp than you should

In such cases please contact your doctor or pharmacist immediately even if you feel well. There is a risk of liver damage which may only show later.

If you forget to take Xymel Comp

If you forget to take the tablets, pain is likely to return. Do not take a double dose to make up for forgotten individual doses, simply continue taking the tablets as before.

If you stop taking Xymel Comp

You should not suddenly stop taking this medicine unless your doctor tells you to. If you want to stop taking your medicine, discuss this with your doctor first, particularly if you have been taking it for a long time. Your doctor will advise you when and how to stop, which may be by lowering the dose gradually to reduce the chance of developing unnecessary side effects (withdrawal symptoms).

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.

Very common: may affect more than 1 in 10 people

- nausea
- dizziness, drowsiness

Common: may affect up to 1 in 10 people

- vomiting, digestion problems (constipation, flatulence, diarrhoea), stomach pain, dry mouth
- itching, sweating (hyperhidrosis)
- headache, shaking
- confusional state, sleep disorders, mood changes (anxiety, nervousness, a feeling of high spirits)

Uncommon: may affect up to 1 in 100 people

- increase in pulse or blood pressure, heart rate or heart rhythm disorders
- tingling, numbness or feeling of pins and needles in the limbs, ringing in the ear, involuntary muscle twitching
- depression, nightmares, hallucination (hearing, seeing or sensing things that are not really there), memory lapses
- difficulty breathing
- difficulty swallowing, blood in the stools
- skin reactions (for example rashes, hives)
- increase in liver enzyme values

- presence of albumin in urine, difficulties or pain on passing urine
- shivering, hot flushes, pain in the chest

Rare: may affect up to 1 in 1,000 people

- fits, difficulties in carrying out coordinated movements, transient loss of consciousness (syncope)
- drug dependence
- delirium
- vision blurred, constriction of the pupil (miosis)
- speech disorder
- excessive dilation of the pupils (mydriasis)

Not known: frequency cannot be estimated from the available data

- decrease in blood sugar level (hypoglycaemia)
- hiccups

The following are recognised side effects which have been reported by people using medicines that contain only tramadol or only paracetamol. However, if you experience any of these while taking Xymel Comp, you should tell your doctor:

- feeling faint when getting up from a lying or sitting position, slow heart rate, fainting, changes in appetite, muscle weakness, slower or weaker breathing, mood changes, changes in activity, changes in perception, worsening of existing asthma
- Use of Xymel Comp together with medicines used to thin the blood (e.g. phenprocoumon, warfarin) may increase the bleeding risk. Any prolonged or unexpected bleeding should be reported to your doctor immediately.
- In some rare cases a skin rash, indicating an allergic reaction, may develop with sudden swelling of the face and neck, difficulties breathing or drop of blood pressure and fainting. **If this happens to you, stop treatment and see a doctor immediately. You must not take the medicine again.**

In rare cases, using a medicine of the type of tramadol may make you become dependent on it, making it hard to stop taking it.

On rare occasions, people who have been taking tramadol for some time may feel unwell if they stop treatment abruptly. They may feel agitated, anxious, nervous or shaky. They may be hyperactive, have difficulty sleeping and have stomach or bowel disorders. Very few people may also get panic attacks, hallucinations, unusual perceptions such as itching, tingling and numbness, and noise in the ears (tinnitus).

Frequency not known: Serotonin syndrome, that can manifest as mental status changes (e.g. agitation, hallucinations, coma), and other effects, such as fever, increase in heart rate, unstable blood pressure, involuntary twitching, muscular rigidity, lack of coordination and/or gastrointestinal symptoms (e.g. nausea, vomiting, diarrhoea) (see section 2 ‘What you need to know before you take Xymel Comp’)

If you experience any of these complaints after stopping Xymel Comp, please consult your doctor.

In exceptional cases blood tests may reveal certain abnormalities, for instance, low counts of blood platelets, which may result in nose bleeds or bleeding gums.

Very rare cases of serious skin reactions have been reported with paracetamol.

Rare cases of respiratory depression have been reported with tramadol.

Frequency not known (frequency cannot be estimated from the available data): a serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2).

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 national reporting system:
HPRA Pharmacovigilance
Website: www.hpra.ie
By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Xymel Comp

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

Store this medicine in a safe and secure storage space, where other people cannot access it. It can cause serious harm and be fatal to people when it has not been prescribed for them.

Do not use this medicine after the expiry date which is stated on the blister pack and on the carton. The expiry date refers to the last day of that month.

This medicinal product does not require any special storage conditions.

Do not throw away any 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 Xymel Comp contains

- The active substances are: 37.5 mg tramadol hydrochloride and 325 mg paracetamol.
- The other ingredients are:

Film-coated tablet core:

- Pre-gelatinised starch
- Maize starch
- Sodium starch glycolate (Type A)
- Microcrystalline cellulose (Avicel PH 102)
- Magnesium stearate

Film-coating:

- Opadry yellow 03K82345 (Hypromellose 6 cPs (E464), Titanium dioxide (E171), Triacetin, Iron oxide yellow (E172))

What Xymel Comp looks like and contents of the pack

Light yellow, oblong, biconvex, film-coated tablet.

Cartons containing 2, 10, 20, 30, 40, 50, 60, 70, 80, 90 or 100 tablets.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder:

Clonmel Healthcare Ltd, Waterford Road, Clonmel, Co. Tipperary, Ireland

Manufacturer:

Meiji Pharma Spain S.A., Avda de Madrid, 94, 28802 Alcalá de Henares, Madrid, Spain

Medis International a.s., výrobní závod Bolatice, Průmyslová 961/16, 74723 Bolatice, Czech Republic

STADA Arzneimittel AG, Stadastrasse 2–18, 61118 Bad Vilbel, Germany

Martin Dow Pharmaceuticals, Goualle le Puy, Champs de Lachaud, 19250 Meymac, France

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This medicinal product is authorised in the Member States of the EEA under the following names:

Belgium: Tramadol/Paracetamol EG 37,5/325 mg filmomhulde tabletten

Germany:	Tramadolhydrochlorid/Paracetamol STADA 37,5 mg/325 mg Filmdabletten
Ireland:	Xymel Comp 37.5 mg/325 mg film-coated tablels
Italy:	AZMARIS
Luxembourg:	Tramadol/Paracetamol EG 37,5/325 mg comprimés pelliculés

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