

Package leaflet: Information for the user (concertina style)

Panagram Max

1g Film Coated Tablets Paracetamol

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 or nurse.
- 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 or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

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

1. What Panagram Max is and what it is used for

PANAGRAM MAX contains paracetamol which is an analgesic (a pain killer which reduces aches and shivers) and an antipyretic (it reduces body temperature when you have a fever).

PANAGRAM MAX is effective for:

- Muscle pain
- Rheumatic pain
- Pain of Osteoarthritis

2. What you need to know before you take Panagram Max

Do not take Panagram Max

- If you are allergic to paracetamol or to any of the other ingredients listed above
- with other products containing paracetamol.
- if you are under 16 years of age

Warnings and precautions

Talk to your doctor or pharmacist or nurse before taking Panagram Max if:

- you have severe liver or kidney problems
- you are on a low potassium diet
- you are taking warfarin or other drugs used to prevent blood clotting.
- If you are elderly

- if you are underweight or malnourished
- if you regularly drink alcohol

During treatment with Panagram Max, 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).

Contact your doctor immediately if you get a combination of these symptoms. You may need to avoid using this product altogether or limit the amount of paracetamol that you take.

Other medicines and Panagram Max

Tell your doctor or pharmacist if you are taking any prescribed medicines; particularly taking:

- metoclopramide or domperidone used to treat nausea and vomiting
- cholestyramine which is used to treat high cholesterol
- flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2).

Panagram Max contains paracetamol. Do not take any other paracetamol-containing products.

Pregnancy and, breast-feeding and fertility

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, Panagram Max 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 product whilst breastfeeding.

3. How to take Panagram Max

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

Swallow PANAGRAM MAX with water.

Adults (including the elderly) and children aged 16 years and over:

1g every 4 to 6 hours as required.

Do not take more frequently than every 4 hours. Do not take more than 4 tablets in 24 hours.

Not recommended for children under 16 years. Do not exceed the stated dose.

If symptoms persist consult your doctor.

Prolonged use except under medical supervision may be harmful.

This product should be used only when clearly necessary.

If you take more Panagram Max than you should

IMMEDIATE MEDICAL ADVICE SHOULD BE SOUGHT IN THE EVENT OF AN OVERDOSAGE BECAUSE OF THE RISK OF IRREVERSIBLE LIVER DAMAGE.

4. Possible side effects

Like all medicines Panagram tablets can have side effects, but not everybody gets them.

Very rare cases of serious skin reactions have been reported.

Stop taking this medicine and tell your doctor immediately if:

Very rare: may affect up to 1 in 10,000 people

- you experience serious skin reactions, very rare cases of which have been reported.
- you experience allergic reactions such as skin rash or itching, sometimes with breathing problems or swelling of the lips, tongue, throat or face.
- you experience a severe skin rash or peeling of the skin which may be accompanied by mouth ulcers.
- you may have previously experienced breathing problems with aspirin or non-steroidal anti-inflammatories and experience a similar reaction to this product.
- you experience unexplained bruising or bleeding.

These reactions are very rare.

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, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via 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 Panagram Max

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

Do not store above 25°C.

Do not use this medicine after the expiry date shown on the bottom of the bottle

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 Panagram Max contains

The active substance Each tablet contains paracetamol 1g.

The other ingredients Maize starch, povidone, potassium sorbate, talc, stearic acid, hypromellose, triacetin and purified water.

What Panagram Max looks like and contents of the pack

Panagram Max are white, capsule shaped, film coated tablets have flat edges, embossed with 'PAN 1G' on one side and a breakline on both sides. The scoreline is only to facilitate breaking for ease of swallowing and not to divide into equal doses.

PANAGRAM MAX contains 20, 50, 100 tablets in bottles. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer is Haeon Ireland Limited, Clocherane, Dungarvan, Co. Waterford, Ireland and all enquiries should be sent to this address.

The manufacturer is by GlaxoSmithKline (Dungarvan), Knockbrack, Co. Waterford.

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