

Panadol Max Strength Cold & Flu Hot Lemon Powder for Oral Solution Paracetamol 1000mg

PATIENT INFORMATION LEAFLET

WHAT YOU SHOULD KNOW ABOUT THIS MEDICINE.

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

This medicine is available without a prescription. However, you still need to use Panadol Max Strength Cold & Flu Hot Lemon carefully to get the best results from them.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact your doctor if your symptoms do not improve after three days.
- If any of the side effects get serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

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1. What Panadol Max Strength Cold & Flu Hot Lemon is and what it is used for

Panadol Max Strength Cold & Flu Hot Lemon contains paracetamol and ascorbic acid (Vitamin C). Paracetamol is a pain killing drug that also helps to reduce your temperature when you have a fever.

Panadol Max Strength Cold & Flu Hot Lemon provides relief from the symptoms of 'flu, fever, chills and feverish colds including headache, aches and pains.

2. Before you take Panadol Max Strength Cold & Flu Hot Lemon

DO NOT take Panadol Max Strength Cold & Flu Hot Lemon if you:

- Are allergic to paracetamol, ascorbic acid (Vitamin C) or any of the other ingredients listed in Section 6.
- Are under 16 years old.
- Are taking any **other medicines containing paracetamol.**
- Suffer from liver or kidney problems.

Take special care with Panadol Max Strength Cold & Flu Hot Lemon:

- If your symptoms continue you should consult your doctor. You should not use this medicine for more than 3 days except on the advice of your doctor or pharmacist.
- If you are underweight or malnourished
- If you regularly drink alcohol
- If you suffer from inherited sugar intolerance or sugar absorption problems tell your doctor or pharmacist.

During treatment with Panadol Max Strength Cold & Flu Hot Lemon, tell your doctor straight away 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 a doctor immediately** if you get a combination of these symptoms.

<Exclamation point symbol> Important information about some of the ingredients of Panadol Max Strength Cold & Flu Hot Lemon:

- Contains 3.7g of sucrose per dose. This should be taken into account if you have diabetes.
- Contains 0.12g sodium per dose. This should be taken into account if you are on a low sodium diet.

Taking other medicines with Panadol Max Strength Cold & Flu Hot Lemon:

If you are taking or have recently taken any other medicines, including other medicines obtained without a prescription tell your pharmacist or doctor before taking Panadol Max Strength Cold & Flu Hot Lemon especially:

- Medicines that you have bought yourself such as cough/cold remedies and other painkillers. Many of these will contain paracetamol and must not be taken while you are taking Panadol Max Strength Cold & Flu Hot Lemon.
 - An antibiotic called chloramphenicol.
 - Medicines that thin the blood such as warfarin. Paracetamol may increase their effect.
 - Metoclopramide or domperidone used to treat nausea and vomiting.
 - Cholestyramine used to lower your blood cholesterol.
 - Any other medicines that might affect your liver.
- flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2). Always check the leaflet that comes with your other medicine.

Pregnancy and breastfeeding

If necessary, Panadol Max Strength Cold & Flu Hot Lemon can be used during **pregnancy**. You should use the lowest possible dose for the shortest time possible. Contact your doctor if the pain and/or fever are not reduced. You can take this product whilst **breastfeeding**.

Driving using machines

Panadol Max Strength Cold & Flu Hot Lemon has not been shown to affect your ability to drive or operate machinery.

3. How to take Panadol Max Strength Cold & Flu Hot Lemon

How many Panadol Max Strength Cold & Flu Hot Lemon sachets should I take and how often?

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

Dissolve one sachet of Panadol Max Strength Cold & Flu Hot Lemon in a cup or mug of hot water. Take one sachet every 4 to 6 hours as necessary. Do not take more than 4 sachets in 24 hours. Do not take more frequently than every 4 hours.

NOT SUITABLE FOR CHILDREN UNDER 16 YEARS OF AGE.

Contains paracetamol

Do not exceed the stated dose.

If symptoms persist consult your doctor.
Prolonged use without medical supervision may be harmful.
This product should be used when clearly necessary.
Always use the lowest effective dose to relieve your symptoms.

What should I do if I forget to take a dose?

Do **NOT** take a double dose to make up for a dose you have forgotten. You must allow at least 4 hours between doses.

WHAT SHOULD I DO IF I TAKE TOO MANY SACHETS OF PANADOL MAX STRENGTH COLD & FLU HOT LEMON?

Immediate medical advice should be sought in the event of overdosage because of the risk of irreversible liver damage.

Contact your doctor immediately and say exactly how much you have taken. Your doctor will advise you what to do. It is important to contact your doctor even if you feel well.

4. Possible side effects

Like all medicines, Panadol Max Strength Cold & Flu Hot Lemon can have side effects, although 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 allergic reactions such as skin rash or itching, sometimes with breathing problems or swelling of the lips, tongue, throat or face.
- you experience a skin rash or peeling, or mouth ulcers.
- you have previously experienced breathing problems with aspirin or non-steroidal anti-inflammatories, and experience a similar reaction with 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 and dispose of this medicine

- Keep out of the sight and reach of children.
- Do not use this medicine after the expiry date (EXP) which is stated on the outer carton and sachets. The expiry date refers to the last day of that month.
- This medicinal product does not require any special storage conditions.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

6. Further information

What Panadol Max Strength Cold & Flu Hot Lemon contains:

Each sachet of Panadol Max Strength Cold & Flu Hot Lemon contains 1000mg of paracetamol. The sachets also contain sucrose, anhydrous citric acid, sodium citrate, maize starch (dried), lemon flavour, sodium cyclamate, saccharin sodium, ascorbic acid, colour - curcumin (E100), anhydrous colloidal silica.

What Panadol Max Strength Cold & Flu Hot Lemon looks like and contents of the pack:

Panadol Max Strength Cold & Flu Hot Lemon is a pale yellow powder with an odour of lemon which comes in sachets. They are available in packs of 5 sachets.

Product authorisation holder and manufacturer**The product authorisation holder is:**

Haleon Ireland Limited, Clocherane, Dungarvan, Co. Waterford, Ireland and all enquiries should be sent to this address.

The manufacturer is:

SmithKline Beecham S.A., Avda. de Ajalvir Km 2,500,
28806 Alcalá de Henares, Madrid, Spain.

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