

Panadol Woman

Film-coated Tablets

Paracetamol 500mg

Caffeine 65mg

PATIENT INFORMATION LEAFLET

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

This medicine is available without prescription. However, you still need to take Panadol Woman tablets 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 a doctor if your symptoms worsen or do not improve.
- 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.

In this leaflet:

1. What Panadol Woman tablets are and what they are used for
2. Before you take Panadol Woman tablets
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1. What Panadol Woman tablets are and what they are used for

Panadol Woman tablets are used for the effective relief of period pain. They also relieve headache, backache, rheumatic pain, muscle pain, toothache and the discomfort in colds, flu and sore throat and help reduce temperature.

Panadol Woman tablets contain paracetamol which is a pain reliever and reduces body temperature when you have a fever; and caffeine which acts to further help the effectiveness of paracetamol.

2. Before you take Panadol Woman tablets

Do not take Panadol Woman tablets:

- If you are allergic to paracetamol, caffeine or any of the other ingredients (listed in Section 6).
- if you are taking any **other medicines containing paracetamol**
- If you are under 12 years of age.

Take special care and tell your doctor before taking Panadol Woman tablets if you:

- have **liver** or **kidney** problems including **alcoholic liver disease**, are **underweight (<50kg)** or **malnourished** or **regularly drink alcohol**.
- have severe dehydration
- are taking medicines that affect your liver

During treatment with Panadol Woman tablets, 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. You may need to **avoid** using this product altogether or **limit the amount** of paracetamol that you take.

Taking Panadol Woman tablets with other medicines

Talk to your doctor or pharmacist before taking these tablets if you are taking any prescribed medicines; particularly:

- metoclopramide (for nausea [feeling sick] or vomiting [being sick])
- chloramphenicol (used to treat infections)
- colestyramine (to lower blood cholesterol)
- **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 take blood thinning drugs (anticoagulants e.g. warfarin) and you need to take a pain reliever on a daily basis, talk to your doctor because of the risk of bleeding. But you can still take occasional doses of Panadol Woman tablets at the same time as anticoagulants.

This product is not recommended if you are taking lithium.

Taking Panadol Woman with food and drink:

- Panadol Woman contains 65mg of caffeine per tablet; therefore avoid too much caffeine in drinks like coffee and tea. High caffeine intake can cause difficulty sleeping, shaking and an uncomfortable feeling in the chest. Alcohol should not be taken with Panadol Woman.

Pregnancy & breastfeeding

Not recommended for use during pregnancy or breastfeeding.

3. How to take Panadol Woman tablets

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

Take 1-2 tablets with water every 4-6 hours as required.

Do not take more than 8 tablets in 24 hours.

Do not take more than 4 tablets a day in the following situations, unless directed by your doctor:

- Weight less than 50kg
- Chronic alcoholism
- Dehydration
- Chronic malnutrition

Children aged 12-15 years:

Take 1 tablet every 4-6 hours as required.

Do not take more than 4 tablets in 24 hours

- Contains paracetamol
- **Do not exceed the stated dose.**
- **Do not take more frequently than every 4 hours.**
- **If you have a high fever, if symptoms get worse or persist for longer than 3 days, consult your doctor.**
- **Prolonged use, except under medical supervision may be harmful.**
- **This medicine should only be taken when necessary.**
- Always use the lowest effective dose to relieve your symptoms.

Do not give to children under 12 years.

If you take more Panadol Woman tablets than you should

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

4. Possible side effects

Like all medicines, Panadol Woman tablets can cause 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 (affects less than 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 unexpected bruising or bleeding.
- You experience changes in blood tests that measure the function of your liver.

Other side effects include: insomnia, restlessness, anxiety, irritability, headaches, upset stomach, palpitations, nervousness and dizziness.

Excessive intake of coffee or tea with these tablets may make you tense and irritable.

A serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2). The frequency of this side effect is not known (cannot be estimated from the available data).

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 Panadol Woman tablets

Keep out of the sight and reach of children.

Do not store above 25°C.

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

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 to protect the environment.

6. Further information

What Panadol Woman tablets look like and contain

Panadol Woman tablets are white, capsule shaped film-coated tablets printed in blue ink with “Woman”.

Active ingredients: Each tablet contains Paracetamol 500mg and Caffeine 65mg.

Other ingredients: *Tablet core:* Maize starch, croscarmellose sodium, pregelatinised starch, providone, potassium sorbate, talc, stearic acid *Film coat:* Hypromellose, triacetin *Printing ink:* Ethanol, propanediol 1-2, shellac, Brilliant Blue (E 133), sodium lactate, silicone emulsion.

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

Panadol Woman packs contain 4, 6, 12, 16, 24, 30, 48, 60 or 96 tablets in blister strips. Not all pack sizes may be marketed.

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 GlaxoSmithKline Dungarvan Ltd., Knockbrack, Dungarvan, Co. Waterford, Ireland.

This leaflet was last revised in May 2025.

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