

Package Leaflet: Information for the patient

Tramadol/Paracetamol 37.5 mg / 325 mg, film-coated tablets

Tramadol hydrochloride/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, please 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 Tramadol/Paracetamol is and what it is used for
2. What you need to know before you take Tramadol/Paracetamol
3. How to take Tramadol/Paracetamol
4. Possible side effects
5. How to store Tramadol/Paracetamol
6. Contents of the pack and other information.

1. What Tramadol/Paracetamol is and what it is used for

Tramadol/Paracetamol is a combination of two analgesics, tramadol and paracetamol, which act together to relieve your pain. Tramadol/Paracetamol is used to treat moderate to severe pain when your doctor recommends that a combination of tramadol hydrochloride and paracetamol is needed. Tramadol/Paracetamol should only be taken by adults and adolescents over 12 years.

2. What you need to know before you take Tramadol/Paracetamol

Do not take Tramadol/Paracetamol

- if you are allergic to tramadol hydrochloride, paracetamol or any of the other ingredients of this medicine (listed in Section 6).
- in cases of acute alcohol poisoning in adults.
- if you are taking sleeping pills, pain relievers or other psychotropic medicines, (medicines that affect mood and emotions).
- if you are also taking medicines called monoamine oxidase inhibitors (MAOIs) or have taken MAOIs in the last 14 days before treatment with Tramadol/Paracetamol. MAOIs are used in the treatment of depression or Parkinson's disease.
- if you have a severe liver disorder.
- if you have epilepsy that is not adequately controlled by your current medicine.

Warnings and precautions

Talk to your doctor or pharmacist before taking Tramadol/Paracetamol if you:

- take other medicines containing paracetamol or tramadol
- 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.
- have kidney problems
- have severe difficulties in breathing, for example asthma or severe lung problems.
- have epilepsy or have already experienced fits or seizures
- suffer from depression and you are taking antidepressants as some of them may interact with tramadol (see "Other medicines and Tramadol/Paracetamol")

- have recently suffered from a head injury, shock or severe headaches associated with vomiting (being sick).
- are dependent on any medicine including those used to relieve pain (for example morphine)
- take other medicines to treat pain that contain buprenorphine, nalbuphine or pentazocine
- are going to have an anaesthetic (tell your doctor or dentist that you are taking Tramadol/Paracetamol)

During treatment with Tramadol/Paracetamol 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).

Prolonged or frequent use of pain relieving medication can cause headaches, or make them worse. If this happens, you must not increase the dose of this medicine. It is important that you speak to your doctor for advice about stopping treatment.

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 Tramadol/Paracetamol 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 may 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 Tramadol/Paracetamol 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 illness.

If you notice any of the following signs whilst taking Tramadol/Paracetamol, 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 Tramadol/Paracetamol”)

Sleep-related breathing disorders

Tramadol/Paracetamol contains an active substance that belongs to the group of opioids. Opioids can cause sleep-related breathing disorders for example central sleep apnoea (shallow/pause of breathing during sleep) and sleep related hypoxemia (low oxygen level in the blood).

The risk of experiencing central sleep apnoea is dependent on the dose of opioids. Your doctor may consider decreasing your total opioid dosage if you experience central sleep apnoea.

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”).

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.

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

Children and adolescents

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.

Talk to your doctor or pharmacist if you experience any of the following symptoms while taking tramadol/paracetamol: 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.

Other medicines and Tramadol/Paracetamol

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 Tramadol/Paracetamol with monoamine oxidase inhibitors (“MAOIs”) (See section “Do not take Tramadol/Paracetamol”).

Tramadol/Paracetamol is not recommended with the following medicines, as it may affect how well they work:

- 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.

Please inform your doctor or pharmacist 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).

Tramadol/Paracetamol may increase the risk of side effects if you also take the following medicines:

- Gabapentin or pregabalin to treat epilepsy or pain due to nerve problems (neuropathic pain)

- triptans (used 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., Tramadol/Paracetamol may interact with these medicines and you may experience serotonin syndrome (see section 4 “Possible side effects”)
- tranquilizers, sleeping pills, other pain relievers such as morphine and codeine (also as cough medicine), baclofen (a muscle relaxant), medicines used to lower blood pressure, antidepressants or medicines to treat allergies. Check with your doctor if you feel drowsy or feel faint. Concomitant use of Tramadol/Paracetamol and sedative medicines such as benzodiazepines or related drugs 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 Tramadol/Paracetamol together with sedative medicines the dose and duration of concomitant treatment should be limited by your doctor.
Please tell your doctor about all sedative 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 of having a fit may increase if you take Tramadol/Paracetamol at the same time. Your doctor will tell you whether Tramadol/Paracetamol is suitable for you.
- if you are taking certain antidepressants. Tramadol/Paracetamol may interact with these medicines and you may experience serotonin syndrome (see section 4 “Possible side effects”).
- warfarin or phenprocoumon (for blood thinning). The effectiveness of such medicines may be altered and bleeding may occur (see section 4).

The effectiveness of Tramadol/Paracetamol may be altered if you also take the following medicines

- metoclopramide, domperidone or ondansetron (medicines used to treat nausea and vomiting/being sick)
- cholestyramine (medicine used to reduce cholesterol in the blood)
- ketoconazole or erythromycin (medicines used against infections).

Tramadol/Paracetamol with food and alcohol

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

Pregnancy, 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.

Pregnancy

Do not take Tramadol/Paracetamol while you are pregnant. Check with your doctor if you become pregnant during treatment with Tramadol/Paracetamol and before taking any further tablets.

Breast-feeding

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

Fertility

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.

Always ask your doctor or pharmacist before taking any medicine.

Driving and using machines

If you feel drowsy while taking Tramadol/Paracetamol, do not drive, use tools or use machinery.

Tramadol/Paracetamol contains lactose monohydrate

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product

Information on sodium content

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

3. How to take Tramadol/Paracetamol

Always take this medicine exactly as your doctor or pharmacist 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 Tramadol/Paracetamol, 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).

Swallow the tablets whole with sufficient liquid.

Do not break or chew the tablets.

Take Tramadol/Paracetamol for as short a time as possible and no longer than your doctor has told you.

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

Children under 12 years of age

Not recommended

Adults and adolescents over 12 years:

The recommended dosage is to start with 2 tablets, unless otherwise prescribed by your doctor. If required, further doses may be taken, as instructed by your doctor.

The shortest time between doses must be at least 6 hours.

Do not take more than 8 tablets per day.

Do not take Tramadol/Paracetamol more often than your doctor has told you.

Elderly patients

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 Tramadol/Paracetamol. 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. They should not be broken or chewed.

If you think that the effect of Tramadol/Paracetamol is too strong (you feel very drowsy or have difficulty breathing) or too weak (you do not have enough pain relief), contact your doctor.

The maximum daily dose is 8 tablets per day (equivalent to 300 mg of tramadol and 2600 mg of paracetamol). Do not exceed this dose from this or other medicines.

If you take more Tramadol/Paracetamol than you should

Contact your doctor or pharmacist in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage.

If you forget to take Tramadol/Paracetamol

If you forget to take the tablets, pain is likely to return. If you forget to take a dose, take it as soon as you remember, unless it is nearly time for your next dose. Then go on as before. Do not take a double dose to make up for a forgotten dose.

If you stop taking Tramadol/Paracetamol

Generally, there will be no after-effects when treatment with Tramadol/Paracetamol is stopped. Rarely, people who have been using a medicine containing tramadol may become dependent on it, making it hard to stop taking it. If you have been taking Tramadol/Paracetamol for some time and want to stop, contact your doctor because your body may have become used to Tramadol/Paracetamol and your doctor may want to reduce your dose gradually.

People may:

- feel agitated, anxious, nervous or shaky
- be over active
- have difficulty sleeping
- have stomach or bowel disorders.

Very few people may also get:

- panic attacks
- hallucinations, unusual perceptions such as itching,
- tingling and numbness
- ringing in the ears.

If you experience any of these complaints after stopping Tramadol/Paracetamol, please contact your doctor. Other side effect information is listed in section 4.

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.

Uncommon side effects (may affect up to 1 in 100 people):

- hallucinations (hearing, seeing or sensing things that are not really there)
- Difficulty breathing.

Rare side effects (may affect up to 1 in 1,000 people):

- fits
- transient loss of consciousness (syncope).

Other side effects:

If any of the following side effects get serious, contact your doctor or pharmacist:

Very common (may affect more than 1 in 10 people):

- nausea
- dizziness, drowsiness.

Common (may affect up to 1 in 10 people):

- vomiting (being sick), digestion problems (constipation, flatulence, diarrhoea), stomach pain, dry mouth
- itching, sweating (hyperhidrosis)
- headache, shaking,
- confusional state, sleep disorders, mood changes (anxiety, nervousness, 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
- presence of albumin in urine, difficulty or pain on passing urine
- skin reactions (for example rashes, hives)
- tingling, numbness or feeling of pins and needles in the limbs, ringing in the ears, 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
- shivering, hot flushes, pain in the chest
- increase in liver enzymes (shown in blood tests)

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
- blurred vision, constriction of the pupil (miosis)
- speech disorders
- excessive dilation of the pupils (mydriasis).

Not known (frequency cannot be estimated from the available data):

- decrease in blood sugar level
- a serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2)

In addition, the following side effects have been reported by people using medicines that contain only tramadol or only paracetamol:

- 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
- Paracetamol intake alone or when taken together with the antibiotic Flucloxacilin may induce a blood and fluid abnormality (high anion gap metabolic acidosis) when there is an increase in blood plasma acidity.
- Use of Tramadol/paracetamol 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 a 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). If you experience any of these complaints after stopping Tramadol/Paracetamol, please consult your doctor.

- Frequency not known: hiccups

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 Tramadol/Paracetamol).

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.

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 Tramadol/Paracetamol

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 EXP which is stated on the carton and blister after EXP. 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 Tramadol/Paracetamol contains

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

The other ingredients are:

Tablet core:

Pre-gelatinised Maize Starch
Stearic acid
Crospovidone
Povidone (Plasdone K29-32)
Maize Starch
Croscarmellose sodium
Microcrystalline cellulose
Magnesium stearate (vegetable)
Film-coating:
Opadry yellow II OYL 22903 (Lactose monohydrate, Hypromellose 15cP, Titanium dioxide, Macrogon/PEG 4000, Talc, Iron oxide yellow)

What Tramadol/Paracetamol looks like and contents of the pack

6.4 mm x 15.5mm, yellow, oblong, biconvex, film coated tablet with "T" on one side

Tramadol/Paracetamol is available in blister packs of 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

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