

UPHAMOL FLU TABLET

Paracetamol / Chlorpheniramine Maleate (500mg / 2mg)

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What Uphamol Flu is used for

Uphamol Flu contains paracetamol and chlorpheniramine maleate as the active ingredients. These combinations of active ingredients are effective in relieving the symptoms associated with flu.

Your doctor may have prescribed this medicine for another reason.

Ask your doctor if you have questions about why it has been prescribed for you.

How Uphamol Flu works

Uphamol Flu belongs to a class of medicines known as antihistamines, analgesic and antipyretic. .

Chlorphenamine belongs to a group of medicines called 'sedative antihistamines' which helps to reduce allergic symptoms by preventing the effects of a substance called histamine.

Paracetamol is classified as analgesic (agent for pain relief) and antipyretic (agent used to reduce fever). It is commonly used for the relief of headaches and other minor aches and pains.

Histamine is produced by the body in response to foreign substances that the body is allergic to.

Before you use Uphamol Flu

- When you must not take it

Do not take Uphamol Flu:

- if you are allergic to paracetamol or chlorpheniramine or any of the

ingredients listed at the end of this leaflet.

- if you have kidney problem.
- if you have ever had an allergic reaction after taking paracetamol or chlorpheniramine.

Allergy alert: Paracetamol may cause severe skin reactions. Symptoms may include skin reddening, blister or rash.

These could be signs of a serious condition. If these reactions occur, stop use and seek medical assistance right away.

Reactions may include asthma, runny nose, severe skin reaction such as skin rash, blisters and peel off, face swelling. If you think you may be allergic, ask your doctor for advice.

Tell your doctor or pharmacist before taking the first dose if you have taken Uphamol Flu before and became unwell.

Do not take it after the expiry date printed on the pack.

If you take it after the expiry date has passed, it may not work as well.

Do not take it if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.

- Before you start to take it

Tell your doctor if you have or have had any medical conditions, especially the following:

- liver problems
- kidney problems

Tell your doctor if you are:

- pregnant or intend to become pregnant.
- breast-feeding or plan to breast-feed

If you have not told your doctor or pharmacist about any of the above, tell them before you start Uphamol Flu.

This preparation contains Paracetamol. Do not take any other Paracetamol containing medicines at the same time.

- Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and Uphamol Flu may interfere with each other. These include:

- medicines used to treat anxiety or to help you sleep e.g. barbiturates, hypnotics, sedatives and tranquillisers.
- medicines that can cause drowsiness or sleepiness e.g. barbiturates, hypnotics, sedatives and tranquillisers.

The above medicines may be affected by Uphamol Flu, or may affect how well it works.

Your doctor or pharmacist has more information on medicines to be careful of or avoid while taking Uphamol Flu.

How to use Uphamol Flu

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

- How much to take

Adults and Children above 12 years old:

1 to 2 tablets every 4 to 6 hours (not more than 6 tablets in one day) or as directed by your doctor.

Children 7 to 12 years old:

Half to 1 tablet, every 4 to 6 hours (not more than 4 tablets in one day) or as directed by your doctor.

Not recommended for children under 7 years old.

- When to use it

Take it as instructed by your doctor. Wait at least 4 hours before taking the next dose.

- How long to take it

Continue to take Uphamol Flu for as long as the doctor has advised.

- If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, use it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed. This may increase the chance of you getting unwanted side effects.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some tips.

- If you take too much (Overdose)

Immediately telephone your doctor for advice or go to Accident and Emergency at your nearest hospital if you think that you or anyone else may have taken too much Uphamol Flu.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too many tablets may cause vomiting, mild nausea, stomach and intestinal upset, high blood pressure, anorexia (eating disorder) and diarrhoea.

While you are using it

- Things you must do

Take Uphamol Flu exactly as your doctor has prescribed.

If you are about to be started on any new medicine, tell your doctor and pharmacist that you are taking Uphamol Flu.

Likewise, tell any other doctors, dentists, and pharmacists who are treating you that you are taking this medicine.

If you become pregnant while taking this medicine, tell your doctor immediately.

- Things you must not do

Do not take more than the recommended dose unless your doctor tells you to.

Do not take high doses of the medicine for long periods of time unless your doctor tells you to.

Taking more than the recommended dose may cause liver damage.

Do not take any medicines that cause drowsiness while you are taking Uphamol Flu, unless recommended by your doctor.

Avoid drinking alcohol with this medicine. Drinking alcohol increases the likelihood of becoming drowsy.

- Things to be careful of

Uphamol Flu may cause dizziness or drowsiness in some people, especially after the first dose.

If affected do not drive a car, operate machinery or do anything else that could be dangerous if you are dizzy or drowsy.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well after you are taking Uphamol Flu.

Like all medicines, Uphamol Flu may occasionally cause side effects in some people. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Ask your doctor or pharmacist to answer any questions you may have.

These may be serious side effects. You may need urgent medical attention.

The common side effects of Uphamol Flu include:

- drowsiness
- dry mouth
- stomach and intestinal disturbance and irritability

Skin allergic reaction including skin rashes, angioedema, Stevens Johnson Syndrom/Toxic Epidermal Necrolysis have been reported.

Other side effects not listed above may occur in some patients.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

You may report any side effects or adverse drug reactions directly to The National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835490, or visiting the website npra.gov.my [Consumers → Reporting → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and disposal of Uphamol Flu

- Storage

Keep your tablets in its pack until it is time to take them.

If you take them out of their packaging, they will not be kept well.

Keep them in a cool, dry place where the temperature stays below 30°C. Protect from light.

Do not store Uphamol Flu, or any other medicine in the bathroom or near a sink.

Do not leave them in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep your tablets where young children cannot reach them.

A locked cupboard at least one-and-half metres above the ground is a good place to store medicines.

Do not keep Uphamol Flu past its expiry date.

- Disposal

Medicines should not be disposed of via wastewater or household waste.

Ask your pharmacist how to dispose medicines that are no longer required. These measures will help to protect the environment.

Product description

- What it looks like

Uphamol Flu Tablet is a 12 mm diameter, round, flat, scored, red/yellow (mix) tablet.

- Ingredients

- Active ingredients:

Each Uphamol Flu Tablet contains 500mg of paracetamol and 2mg of chlorpheniramine maleate.

- Inactive ingredients:

- Corn starch
- Magnesium stearate
- Sodium starch glycolate
- Povidone
- Ponceau 4R
- Quinoline Yellow
- Microcrystalline Cellulose
- Purified Water

- MAL number

MAL19860357AZ

Manufacturer

Duopharma Manufacturing (Bangi) Sdn. Bhd.
Lot No.2& 4, Jalan P/7, Seksyen 13, Bangi Industrial Estate
43650 Bandar Baru Bangi, Selangor Darul Ehsan.

Product Registration Holder

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