

PANADOL COLD+FLU-ND CAPLET

Paracetamol/Phenylephrine Hydrochloride (500mg/5mg)

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What Panadol Cold+Flu-ND Caplet is used for

For fast acting and relief of nasal congestion, sinus pain, bodyache, headache and fever.

How PANADOL COLD+FLU-ND CAPLET works

Paracetamol in Panadol Cold+Flu-ND Caplet works to stop the pain message from getting through the brain. Paracetamol also works in the brain to reduce fever. Phenylephrine hydrochloride in Panadol Cold+Flu-ND Caplet is a decongestant which unblocks your nose and sinuses helping you breathe more easily.

Before you use Panadol Cold+Flu-ND Caplet

- When you must not use it

Do not use if you are:

- allergic to paracetamol, phenylephrine or any of the other ingredients in the product
- taking or have taken in the past two weeks drugs called monoamine oxidase inhibitors (MAOI's), usually used to treat depression.

Do not take Panadol Cold+Flu-ND Caplet if you are pregnant,

trying to get pregnant, think you may be pregnant or breastfeeding. Ask your doctor or pharmacist for advice before taking any medicine.

- Before you start to use it

Check with your doctor before use if:

- you have liver or kidney problems.
- are underweight or malnourished.
- regularly drink alcohol.

You may need to avoid using this product altogether or limit the amount of paracetamol that you take.

Check with your doctor before use if:

- you have a severe infection as this may increase the risk of metabolic acidosis. Signs of metabolic acidosis include: deep, rapid, difficult breathing, feeling nausea, vomiting, loss of appetite. Contact a doctor immediately if you get these symptoms.
- have high blood pressure, heart disease or blood vessel disease such as Raynaud's phenomenon (which may appear as pain in the fingers or toes in response to cold or stress), diabetes or an overactive thyroid.
- have glaucoma (excessive pressure inside your eyes).
- have pheochromocytoma (a tumour near the kidney).
- have prostate problems or difficulty urinating.

Please see your doctor if your symptoms do not improve.

This product may cause dizziness. If affected, do not drive or operate machinery.

ALLERGY

Paracetamol may cause severe skin reactions. Symptoms may include skin reddening, blisters and rash. These could be signs of

a serious condition. If these reactions occur, stop use and seek medical assistance immediately.

- Taking other medicines

Check with your doctor before use if you are taking:

- warfarin or similar medicines used to thin the blood.
- medicines to control your blood pressure, such as betablockers.
- digoxin or similar medicines for heart disease.
- appetite suppressants or stimulants medicines to treat depression such as tricyclic antidepressants e.g. amitriptyline.

- Contains paracetamol.
- Do not take with any other medicines for the relief of cough and colds, congestion or blocked nose. Taking too much paracetamol can cause serious harm to your liver.
- Do not use this medicine if you are taking any other prescription or non-prescription medicines containing paracetamol to treat pain, fever, symptoms of cold and flu, or to aid sleep.
- Always read and follow the label.
- Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.
- Some medications and this product can interfere with each other.

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

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How to use Panadol Cold+Flu-ND Caplet

- How much to use

Adults (including the elderly) and children aged 12 years and over: 2 caplets every 4 to 6 hours as needed (maximum 8 caplets in 24 hours).

Do not exceed the stated dose.

If symptoms persist, consult a doctor.

Do not take more frequently than every 4 hours.

Always use the lowest effective dose to relieve your symptoms.

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Continue taking Panadol Cold+Flu-ND Caplet for as long as your doctor recommends.

If symptoms persist for more than 7 days, please see your doctor

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

- If you use too much (overdose)

If you take more of the medicine than you should seek medical advice immediately even if you do not have any symptoms because of the risk of liver failure. Contact your doctor immediately or go to the Emergency Department of your nearest

hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using it

- Things you must do

Take your medicine exactly as your doctor has told you or according to instruction on pack.

Tell all the doctors, dentists and pharmacists treating you that you are taking Panadol Cold+Flu-ND Caplet.

Tell your doctor immediately if you become pregnant while taking this medication.

- Things you must not do

- Do not take more than 8 caplets per day.
- Not recommended for children under the age of 12 years.
- Do not take for more than 7 days without asking your doctor.
- Do not stop taking the medicine unless advised by your doctor.
- Do not take any new medicines without consulting your doctor.
- Do not give Panadol Cold+Flu-ND Caplet to anyone else, even if they have the same symptoms or condition as you.
- Do not take with any other product containing paracetamol.

- Things to be careful of

Paracetamol may cause severe skin reactions. Symptoms may include skin reddening, blisters and rash.

Side effects

When using this product you may experience headache, dizziness, nervousness, difficulty sleeping,

increased blood pressure, nausea and vomiting.

Stop taking this medicine and tell your doctor immediately if:

- 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.
- you experience an unusually fast pulse rate, or a sensation of an unusually fast or irregular heartbeat
- you experience loss of vision, which may be due to abnormally high blood pressure in the eye. This is more likely to occur in those with glaucoma.
- you experience difficulty in passing water. This is more likely to occur in men with an enlarged prostate gland.

These reactions are rare. Cutaneous hypersensitivity reactions including skin rashes, angioedema, Stevens Johnson Syndrome/Toxic Epidermal Necrolysis have been reported.

Like all medicines, Panadol Cold+Flu-ND Caplet can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the

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website nptra.gov.my [Consumers
→ Reporting Side Effects to
Medicines (ConSERF) or
Vaccines (AEFI)]

Storage and Disposal of Panadol Cold+Flu-ND Caplet

- Storage

Keep out of the reach and sight of
children.

Store below 30°C.

- Disposal

Medicines should not be disposed
of via wastewater or household
waste. Ask your pharmacist on
how to dispose of medicines no
longer required. These measures
will help to protect the
environment.

Product Description

- What it looks like

White capsule shaped caplet with
flat edges 17.7 mm x 7.1 mm. One
face embossed with “☼” within
an oval.

- Ingredients

Active ingredients

Paracetamol 500mg
Phenylephrine Hydrochloride
5mg

Inactive ingredients

Maize starch
Talc
Starch pregelatinized
Povidone
Stearic acid
Potassium sorbate
Sodium lauryl sulphate
Microcrystalline cellulose

- MAL numbers

MAL09062126ACRZ

Manufacturer

Aspen Pharma Pty Ltd.,
286-302 Frankston-Dandenong
Road, Dandenong South, VIC
3175, Australia.

Product Registration Holder

Haleon Malaysia Sdn. Bhd.
Lot 89, Jalan Enggang, Ampang/
Hulu Kelang Industrial Estate,
68000 Selangor Darul Ehsan

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