

PANADOL EXTRA CAPLET

Paracetamol/Caffeine (500mg/65mg)

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What Panadol Extra Caplet is used for

Treatment of mild to moderate pain, relief from fever, and symptoms of colds, flu and sore throat.

How Panadol Extra Caplet works

Paracetamol works by inhibiting the production of compounds in the body called prostaglandin. This action helps to reduce pain and fever.

Caffeine enhances the efficacy of paracetamol to relieve pain.

Before you use Panadol Extra Caplet

-When you must not use it

Do not use Panadol Extra Caplet

- if you are allergic to paracetamol, caffeine or any of the other ingredients in the product (listed in Product Description).

-Before you start to use it

Do not take more than the recommended dose as it may cause serious harm to your liver.

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

Tell your doctor or pharmacist if you:

- have high blood pressure, glaucoma, or overactive bladder syndrome.
- have liver or kidney problems.

- have a severe infection, are severely malnourished, severely underweight or are a chronic alcohol user. The use of paracetamol may increase the risk of metabolic acidosis. Signs of metabolic acidosis include deep, rapid, difficult breathing, nausea, vomiting, loss of appetite. Contact a doctor immediately if you get a combination of these symptoms.
- are pregnant, trying to get pregnant or think you may be pregnant or breast-feeding. Caffeine is not recommended for use during pregnancy due to the possible increased risk of spontaneous abortion associated with caffeine consumption.

-Taking other medicines

- Tell your doctor if you are taking
 - lithium (medicines used to treat mental disorder)
 - warfarin (anticoagulants) as it may increase risk of bleeding
- Tell your doctor if you are taking any other medicines, aspirin or non-steroidal anti-inflammatory medicines (painkillers) including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

How to use Panadol Extra Caplet

- How much to use

- Adults (including the elderly) and children aged 12 years and over: 1 - 2 caplets every 4-6 hours when needed.
- **Maximum daily dose:** 8 caplets (4000 mg paracetamol/520 mg caffeine).
- Oral administration only.
- Do not give to children under the age of 12 years.
- Follow all directions given to you by your doctor and pharmacist carefully. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

-When to use it

Minimum dosing interval: 4 hours.

Taken every 4 to 6 hours as required. Use as directed by your doctor or pharmacist.

-How long to use it

- Use the smallest dose that you need to treat your symptoms and use the medicine for the shortest period of time necessary.
- Use Panadol Extra Caplet the duration that your doctor recommends.
- Please see your doctor if your symptoms do not improve.

-If you forget to use it

If you have missed a dose, take the 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)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have used too much of this medicine. Do this even if there are no signs of discomfort or poisoning because of the risk of liver failure. You may need urgent medical attention. Paracetamol overdose may cause liver failure which may require liver transplant or lead to death. Acute pancreatitis has been observed, usually with hepatic dysfunction and liver toxicity. Overdose of caffeine may result in epigastric pain, vomiting, diuresis, tachycardia or cardiac arrhythmia, CNS stimulation (insomnia, restlessness, excitement, agitation, anxiety, tremors and convulsions.)

While you are using it

- Things you must do

- Take the 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 Extra Caplet.
- Tell your doctor immediately if

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you become pregnant while taking this medication.

- Things you must not do

- Do not exceed the stated dose.
- Do not take any new medicines without consulting your doctor or pharmacist.
- Do not give Panadol Extra Caplet to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

- **ALLERGY ALERT:** 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 right away.
- Avoid other caffeine containing products. Too much caffeine may cause rapid heart rate, nervousness or sleeplessness.

Side effects

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 peeling, or mouth ulcers.
- you experience unexplained bruising or bleeding.

These reactions are rare.

These side effects are very rare:

- low level of platelet
- serious allergy reaction such as Stevens-Johnson Syndrome and Toxic Epidermal Necrolysis
- liver disorder
- dizziness
- headache
- palpitation
- difficulty sleeping
- restlessness
- anxiety and irritability
- nervousness
- gastrointestinal disturbances.

Stop taking this medicine and tell your doctor immediately if you have experienced breathing problems with aspirin or non-steroidal anti-inflammatories (painkillers).

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

Storage and Disposal of Panadol Extra 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 caplet with flat edges. 'PANADOL EX' debossed on one side, break line on the other side.

- Ingredients

- Active ingredients

Paracetamol
Caffeine

- Inactive ingredients

Croscarmellose sodium
Potassium sorbate
Stearic acid
Talc
Povidone
Starch pregelatinized
Corn starch

-MAL numbers

MAL12035013X

Manufacturer

Sterling Drug (Malaya) Sdn Bhd
Lot 89, Jalan Enggang, Ampang/
Hulu Kelang Industrial Estate, 68000
Ampang, Selangor.

Product Registration Holder
Haleon Malaysia Sdn Bhd
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