

## Chemists' Own Coldeze

Paracetamol and chlorpheniramine maleate tablets

### Consumer Medicine Information

#### What is in this leaflet

This leaflet answers some common questions about **Chemists' Own Coldeze**.

It does not contain all the available information and it does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may want to read it again later.

#### What Chemists' Own Coldeze is used for

**Chemists' Own Coldeze** tablets contains two ingredients, paracetamol and chlorpheniramine maleate to provide temporary relief from the following symptoms of colds & flu including:

- Headache
- Sneezing
- Body aches & pains
- Runny nose
- Watery & itching eyes
- Fever

**Your doctor or pharmacist may recommend this medication for another use. If you want more information, ask your doctor or pharmacist.**

#### How it works

##### Paracetamol

Paracetamol is an analgesic and antipyretic. It relieves the elevated body temperature, headache and joint and muscle pain associated with the common cold and influenza.

##### Chlorpheniramine maleate

Chlorpheniramine maleate is an antihistamine. It helps to control sneezing and relieve itchy and watery eyes. The efficacy of chlorpheniramine in this product is due to its anticholinergic effect.

There is no evidence that this medicine is addictive.

#### Use in children

This medicine should not be used in children under 12 years of age.

#### Before you take Chemists' Own Coldeze

##### When you must not take it

**Do not take Chemists' Own Coldeze if:**

- you have ever had an allergic reaction with paracetamol, chlorpheniramine maleate, any other antihistamine or any other ingredients listed under 'Product Description'. The symptoms of an allergic reaction may include shortness of breath wheezing or difficulty breathing swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.
- you are taking any other product containing paracetamol.

**Do not take Chemists' Own Coldeze if you have, or have had, any of the following medical conditions:**

- Narrow-angle glaucoma

- Stomach or duodenal ulcer
- Stomach problems
- Prostate problems
- Bladder problems

**Do not take Chemists' Own Coldeze if you are also taking monoamine oxidase inhibitors, a type of medicine used to treat depression.**

**Do not take Chemists' Own Coldeze if you are breastfeeding or plan to breastfeed.**

It passes into the breast milk and there is a possibility that the baby may be affected.

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal.

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

#### Before you start to take it

**Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor or pharmacist if you have or have had any of the following medical conditions:**

- you have liver or kidney problems
- you are having breathing problems
- you are a heavy drinker
- you have epilepsy

**Tell your doctor or pharmacist if:**

- you are planning to have surgery or an anaesthetic.
- you are currently receiving or are planning to receive dental treatment.

**Tell your pharmacist or doctor if you are pregnant or plan to become pregnant.**

Your pharmacist or doctor will discuss the benefits and possible risks of taking the medicine during pregnancy.

#### Taking other medicines

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

Some medicines/substances and **Chemists' Own Coldeze** may interfere with each other. These include:

- anticoagulants (medicines that thin the blood such as warfarin)
- antidepressants
- medicines containing metoclopramide or propantheline
- medicines for treating epilepsy or fits such as phenytoin
- sleeping tablets
- alcohol
- chloramphenicol (an antibiotic)

These medicines may be affected by **Chemists' Own Coldeze** or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

**If you have not told your doctor or pharmacist about any of the above, tell them before you use Chemists' Own Coldeze.**

#### How to take Chemists' Own Coldeze

**WARNING: Keep to the recommended dose.**

**Adults and Children over 12 years: Do not take this medicine for longer than a few days at a time unless advised to by a doctor.**

**Children and adolescents 12-17 years: Do not take this medicine for longer than 48 hours at a time unless advised to by a doctor.**

Do not take with other medicines containing paracetamol unless advised to do so by a doctor or pharmacist.

#### How much to take

**Adults and Children 12 years and over:**

Take two tablets, every four to six hours as necessary. Do not exceed 8 tablets in 24 hours.

Not to be given to children under 12 years of age.

#### How to take it

Swallow the tablets whole with a glass of water.

#### When to take it

Only take **Chemists' Own Coldeze** when you think you need it. Leave at least 4-6 hours between each dose. The tablets can be taken with or without food.

#### If you take too much (overdose)

If an overdose is taken or suspected, ring the Poisons Information Centre (telephone 13 11 26), or go to a hospital straight away, even if you feel well, because of the risk of delayed, serious liver damage.

Symptoms of an overdose may include vomiting, stomach pain, hallucination and seizures.

#### While you are using Chemists' Own Coldeze

##### Precautions while using this medicine

**Chemists' Own Coldeze** is for minor and temporary ailments and should be used strictly as directed. Prolonged use without medical supervision could be harmful.

**Be careful driving or operating machinery until you know how Chemists' Own Coldeze affects you.**

This medication may cause drowsiness and/or dizziness in some people. If affected do not drive a vehicle, operate machinery or do anything else that could be dangerous.

**Be careful when drinking alcohol while you are taking this medicine.**

If you drink alcohol, drowsiness and dizziness may be worse.

#### Side effects

**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Chemists' Own Coldeze.**

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

If you are 60 years and over you may have an increased chance of getting side effects. Dizziness, drowsiness and a drop in blood pressure causing light-headedness are more likely to occur in elderly patients.

**Do not be alarmed by the following list of side effects. You may not experience any of them.**

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

The more common side effects of **Chemists' Own Coldeze** are:

- drowsiness
- dizziness
- allergic reactions
- skin rashes
- nausea
- dry mouth
- vomiting
- constipation or diarrhoea

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

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## After using Chemists' Own Coldeze

### *Storage*

**Keep your tablets in the blister pack until it is time to take them.**

If you take the tablets out of the blister pack they may not keep well.

**Keep it in a cool dry place where the temperature stays below 30 degrees Celsius.**

**Do not store any medicines in the bathroom or in moist areas, or do not leave them in the car on hot days.**

Heat and dampness can destroy some medicines.

**Keep it where children cannot reach it.**

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

### *Disposal*

**If your doctor tells you to stop taking Chemists' Own Coldeze, or the tablets have passed their expiry date, ask your pharmacist what to do with any medicine that is left over.**

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## Product description

### *What it looks like*

**Chemists' Own Coldeze** is an oval shaped white, film-coated tablet with a break bar on one side. Available in a blister pack containing 24 tablets.

### *Active ingredients*

Each tablet contains:

- Paracetamol 500 mg
- Chlorpheniramine maleate 2 mg

### *Inactive ingredients*

- Microcrystalline cellulose
- Silica colloidal anhydrous
- Magnesium stearate
- Croscarmellose sodium
- Hypromellose

- Macrogol 400
- Carnauba wax
- Pregelatinised maize starch
- Povidone
- Silicon dioxide
- Stearic acid

This medicine does not contain sucrose, lactose, gluten, tartrazine or any other azo dyes.

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## Supplier

Arrow Pharma Pty Ltd  
15 – 17 Chapel Street  
Cremorne Victoria 3121.

[www.chemistsown.com.au](http://www.chemistsown.com.au)

The Australian Registration number for **Chemists' Own Coldeze** is AUST R 93797.

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