

Pharmacy Action Paracetamol

Consumer Medicine Information (CMI) Summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using Pharmacy Action Paracetamol?

Pharmacy Action Paracetamol contains the active ingredient paracetamol. Pharmacy Action Paracetamol is used to relieve pain and fever in adults (including arthritis, headache and muscular pain) and children (including teething, earache and pain associated with immunisation).

For more information, see Section [1. Why am I using Pharmacy Action Paracetamol?](#) in the full CMI.

2. What should I know before I use Pharmacy Action Paracetamol?

Do not use if you have ever had an allergic reaction to Pharmacy Action Paracetamol or any of the ingredients listed at the end of the CMI.

Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use Pharmacy Action Paracetamol?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with Pharmacy Action Paracetamol and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use Pharmacy Action Paracetamol?

- The label on the pack will tell you how to take your medicine and how often. If you are unsure about the directions, ask your pharmacist or doctor.
- The dose will be different depending upon whether you are an adult or child.

More instructions can be found in Section [4. How do I use Pharmacy Action Paracetamol?](#) in the full CMI.

5. What should I know while using Pharmacy Action Paracetamol?

Things you should do	• Take Pharmacy Action Paracetamol exactly as directed. • Remind any doctor, dentist or pharmacist you visit that you are using Pharmacy Action Paracetamol.
Things you should not do	• Do not take more than the recommended dose unless your doctor tells you to. • In children, do not give Pharmacy Action Paracetamol for more than 48 hours unless a doctor has told you to. • Adults: Do not take more than 8 tablets in 24 hours. • Children (7 years or older): Do not take more than 4 tablets in 24 hours.
Drinking alcohol	• Only drink small quantities of alcohol (beer, wine or spirits) while taking Pharmacy Action Paracetamol.
Looking after your medicine	• Store below 25°C. • Keep your tablets in the blister pack until it is time to take them.

For more information, see Section [5. What should I know while using Pharmacy Action Paracetamol?](#) in the full CMI.

6. Are there any side effects?

Less serious side effects include nausea and stomach pain. Tell your doctor or pharmacist immediately if you notice any of the following side effects: 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. They may be the signs of an allergic reaction.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

Pharmacy Action Paracetamol

Active ingredient(s): paracetamol

Consumer Medicine Information (CMI)

This leaflet provides important information about using Pharmacy Action Paracetamol. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Pharmacy Action Paracetamol.**

Where to find information in this leaflet:

- [1. Why am I using Pharmacy Action Paracetamol?](#)
- [2. What should I know before I use Pharmacy Action Paracetamol?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use Pharmacy Action Paracetamol?](#)
- [5. What should I know while using Pharmacy Action Paracetamol?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using Pharmacy Action Paracetamol?

Pharmacy Action Paracetamol contains the active ingredient paracetamol. Pharmacy Action Paracetamol is an analgesic.

Pharmacy Action Paracetamol is used to relieve pain and fever in adults (including arthritis, headache and muscular pain) and children (including teething, earache and pain associated with immunisation).

Pharmacy Action Paracetamol works to stop the pain messages from getting through to the brain. Pharmacy Action Paracetamol also acts in the brain to reduce fever.

2. What should I know before I use Pharmacy Action Paracetamol?

Warnings

Do not use Pharmacy Action Paracetamol if:

- you are allergic to paracetamol, or any of the ingredients listed at the end of this leaflet.
Always check the ingredients to make sure you can use this medicine.
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 have liver or kidney problems.

- you have glucose-6-phosphate-dehydrogenase deficiency (an enzyme deficiency).
- the expiry date (EXP) printed on the pack has passed or if the packaging is torn or shows signs of tampering.

Check with your doctor or pharmacist if you:

- have allergies to any ingredients listed under 'Product Details' at the end of this leaflet;
- have allergies to aspirin or any other non-steroidal anti-inflammatory (NSAID) medicine;
- have any other medical conditions, such as:
 - liver or kidney problems,
 - low glutathione reserves,
 - Gilbert's syndrome,
 - acute breathing difficulties such as bronchitis, unstable asthma or emphysema;
- drink large quantities of alcohol;
- take any medicines for any other condition.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

Pharmacy Action Paracetamol may be used during pregnancy and if you are breastfeeding. However, it is recommended that non-drug therapy such as rest and massage be tried first. If Pharmacy Action Paracetamol is needed during pregnancy, it should be used at the lowest effective dose for the shortest possible time and at the lowest possible frequency.

3. What if I am taking other medicines?

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

Some medicines may interfere with Pharmacy Action Paracetamol and affect how it works. These include:

- any medicines which thin the blood, for example warfarin.
- medicines to treat epilepsy.
- metoclopramide or domperidone, medicines used to control nausea and vomiting.
- propantheline, a drug used to treat stomach ulcers.
- other pain relief medication.

- alcohol and medicines containing alcohol (ethanol), eg. some cough syrups.
- medicines used to treat depression.
- medicines used to aid sleep.
- chloramphenicol, an antibiotic used to treat ear and eye infections.
- flucloxacillin, zidovudine and rifampicin - drugs used to treat infections.
- probenecid, a drug used to treat high uric acid levels in the blood associated with gout.
- colestyramine, a drug used to reduce blood cholesterol.
- chelating resin.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Pharmacy Action Paracetamol.

4. How do I use Pharmacy Action Paracetamol?

How much to take

- Follow the instructions provided with the medicine.
- Your doctor may ask you to take a different dose. If so, you should follow the doctor's instructions.
- If you are unsure what dose to take, ask your pharmacist.
- Do not exceed the recommended dosage.

Adults and children over 12 years:

- The usual dose is 1 to 2 tablets to be taken every 4 to 6 hours, when required, up to 4 times daily.
- You should not take more than 8 tablets in 24 hours.
- **Adults:** Do not take this medicine for longer than a few days at a time unless advised by a doctor.

Children (7-12 years):

- The usual dose is half to 1 tablet to be taken every 4 to 6 hours, when required, up to 4 times daily.
- Children should not take more than 4 tablets in 24 hours.
- Do not take this medicine for longer than 48 hours at a time unless advised by a doctor.
- **Pharmacy Action Paracetamol tablets are not recommended for children under 7 years of age.**

When to take Pharmacy Action Paracetamol

- The label on the pack will tell you how to take your medicine and how often. If you are unsure about the directions ask your pharmacist or doctor.

How to take Pharmacy Action Paracetamol

- Swallow the tablets whole with a little water or other liquid.

If you use too much Pharmacy Action Paracetamol

If you think that you have used too much Pharmacy Action Paracetamol, you may need urgent medical attention.

If you take too much Pharmacy Action Paracetamol you may feel nauseous, dizzy or sweaty.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**); or
- contact your doctor; or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using Pharmacy Action Paracetamol?

Things you should do

- Take Pharmacy Action Paracetamol exactly as directed.

Remind any doctor, dentist or pharmacist you visit that you are using Pharmacy Action Paracetamol.

Things you should not do

- Do not take more than the recommended dose unless your doctor tells you to.
- Do not take with other products containing paracetamol, unless advised to do so by a doctor or pharmacist.

Adults:

- Do not take for more than a few days at a time unless your doctor tells you to.

Children:

- Do not give Pharmacy Action Paracetamol for more than 48 hours unless a doctor has told you to.
- Do not give to children under 7 years of age unless a doctor has told you to.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Only drink small quantities of alcohol (beer, wine or spirits) while taking paracetamol.

Drinking large quantities of alcohol while taking paracetamol may increase the risk of liver side effects.

Looking after your medicine

- Store below 25°C.
- Keep your tablets in the blister pack until it is time to take them.
- If you take the tablets out of the box or the blister pack they may not keep well.

Follow the instructions on the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink; or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Less serious side effects

Less serious side effects	What to do
General: • Nausea and vomiting. • Sweating. Gut-related: • Stomach pain. • Indigestion.	Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.

Serious side effects

Serious side effects	What to do
Skin-related: • Skin rashes. • Painful red areas with blisters and peeling layers of skin which may be accompanied by fever and/or chills. Liver-related: • Hepatitis (symptoms include loss of appetite, itching, yellowing of the skin and eyes, light coloured bowel motions, dark coloured urine). Metabolism-related: • Symptoms of rapid breathing, rapid heart rate and changes in consciousness caused by pyroglutamic acidosis (an accumulation of pyroglutamic acid due to low levels of a protein called glutathione). Allergic reaction: • Shortness of breath. • Wheezing or difficulty breathing.	Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.

• Swelling of the face, lips, tongue or other parts of the body. • Severe blisters and bleeding in the lips, eyes, mouth, nose and genitals. • Rash, itching or hives on the skin.	
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Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

What Pharmacy Action Paracetamol contains

Active ingredient (main ingredient)	Paracetamol
Other ingredients (inactive ingredients)	Maize starch Purified talc Pregelatinised maize starch Povidone Stearic acid Potassium sorbate

Do not take this medicine if you are allergic to any of these ingredients.

Pharmacy Action Paracetamol tablets do not contain gluten, lactose, sucrose, tartrazine or any azo dyes.

What Pharmacy Action Paracetamol looks like

Pharmacy Action Paracetamol is a white, capsule-shaped tablet, with a breakline on one side and plain on the other side (AUST R 192004).

Who distributes Pharmacy Action Paracetamol

Generic Health Pty Ltd
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19-23 Prospect Street
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