

# APOHEALTH Cold Relief Tablets

*Paracetamol and Chlorphenamine maleate*

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## Consumer Medicine Information

For a copy of a large print leaflet, Ph: 1800 195 055

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### What is in this leaflet

This leaflet answers some common questions about APOHEALTH Cold Relief tablets. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using this medicine against the benefits they expect it will have for you.

**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.

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### What this medicine is used for

APOHEALTH Cold Relief contains the active ingredients paracetamol and chlorphenamine maleate.

It is used to provide temporary relief from the following symptoms of colds & flu including:

- headache, body aches & pains
- sneezing and runny nose
- watery and itching eyes
- fever

#### *How it works*

##### **Paracetamol**

Paracetamol is a pain killer that also helps to reduce fever. It relieves the elevated body temperature, headache and joint and muscle pain associated with the common cold and influenza.

##### **Chlorphenamine maleate**

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

**Ask your doctor or pharmacist if you have any questions about why this medicine has been recommended for you.**

**Your doctor or pharmacist may have recommended this medication for another use.**

This medicine is not addictive.

There is not enough evidence to recommend the use this medicine for children under 12 years of age.

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### Before you take this medicine

#### *When you must not take it*

**Do not take this medicine if you have an allergy to:**

- paracetamol
- chlorphenamine maleate
- any other antihistamines
- any of the ingredients listed at the end of this leaflet

Some of the symptoms of an allergic reaction may include:

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue, throat or other parts of the body
- rash, itching or hives on the skin

**Do not take this medicine if you have or have had any of the following medical conditions:**

- glaucoma (high pressure in the eyes)
- prostate problems
- bladder problems
- stomach or duodenal ulcer or other stomach problems
- heavy drinking

**Do not take this medicine if you are taking an antidepressant known as a monoamine oxidase inhibitors (MAOIs).**

**Do not take this medicine if you are pregnant, plan to become pregnant or are breastfeeding.** This medicine may affect your developing baby if you take it during pregnancy. It may also pass into human breast milk. Your doctor or pharmacist can discuss with you the risks and benefits involved.

**Do not take this medicine after the expiry date printed on the pack or 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 if you have or have had any of the following medical conditions:**

- liver or kidney problems
- breathing problems
- heavy drinking
- epilepsy

**If you have not told your doctor about any of the above, tell them**

**before you start taking this medicine.**

### *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 and APOHEALTH Cold Relief tablets may interfere with each other. These include:

- other medicines containing paracetamol
- anticoagulants (medicines that thin the blood e.g. warfarin)
- antidepressants, including tricyclic antidepressants or MAOIs
- medicines containing metoclopramide or propantheline
- medicines used to treat epilepsy e.g. phenytoin
- sleeping tablets or medicines that cause drowsiness
- alcohol
- chloramphenicol, an antibiotic

These medicines may be affected by this medicine 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

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## How to take this medicine

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

They may differ to the information contained in this leaflet.

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

### *How much to take*

The usual dose for adults is two tablets every 4 to 6 hours when necessary. Do not exceed 8 tablets in 24 hours.

### *How to take it*

Swallow the tablets whole with a full glass of water.

### *When to take it*

It does not matter if you take this medicine before, with or after food.

### *If you forget to take it*

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

**Otherwise, take 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 an unwanted side effect.

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

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

**Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) 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 of this medicine.**

**Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

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

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## While you are taking this medicine

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### *Things you must do*

**If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking this medicine.**

**Tell any other doctors, dentists and pharmacists who are treating you that you take this medicine.**

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

**If you are going to have surgery or an anaesthetic or are going into hospital, tell the doctor that you are taking this medicine.**

This medicine is for minor and temporary ailments and should be used strictly as directed. Prolonged use without medical supervision could be harmful.

### *Things you must not do*

**Do not give this medicine to anyone else, even if they have the same condition as you.**

**Do not take your medicine to treat any other complaint unless your doctor or pharmacist tells you to.**

### *Things to be careful of*

**Be careful when driving or operating machinery until you know how this medicine affects you.**

This medication may cause drowsiness 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.

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## Side effects

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**Tell your doctor or pharmacist as soon as possible if you do not feel**

## **well while you are taking this medicine.**

This medicine helps most people with cold symptoms, but it may have unwanted side effects in some people. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

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

**If you are aged 60 years and over, you may have an increased chance of getting side effects.**

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

**Tell your doctor if you notice any of the following and they worry you:**

- drowsiness
- dizziness
- nausea or vomiting
- dry mouth
- constipation or diarrhoea

The above list includes the more common side effects of your medicine.

**If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:**

- signs of an allergic reaction, such as shortness of breath, wheezing or difficulty breathing, swelling of the face, lips, tongue, throat or other parts of the body, rash, itching or hives on the skin

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

**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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## **Storage and disposal**

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### *Storage*

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

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

**Keep your medicine in a cool dry place where the temperature stays below 30°C.**

**Do not store your medicine or any other medicines in the bathroom or near a sink. Do not leave it on a window sill or in the car.**

Heat and dampness can destroy some medicines.

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

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

### *Disposal*

If your doctor or pharmacist tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with the medicine that is left over.

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## **Product description**

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### *What it looks like*

Oval shaped white, film-coated tablet with a break bar on one side.

Available in a blister pack containing 24 tablets. AUST R 254172

### *Ingredients*

Each tablet contains 500 mg of Paracetamol & 2 mg of Chlorphenamine maleate as active ingredients.

It also contains the following:

- microcrystalline cellulose
- colloidal anhydrous silica
- magnesium stearate
- maize starch
- povidone
- sodium starch glycollate
- Opadry 04F58804 White

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

### *Sponsor*

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This leaflet was prepared in April 2024.