

# Panadol<sup>®</sup> ALLERGY SINUS

Paracetamol 500 mg, Pseudoephedrine Hydrochloride 30 mg and Chlorphenamine Maleate 2 mg

## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some common questions about PANADOL ALLERGY SINUS.

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

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking PANADOL ALLERGY SINUS against the benefits they expect it will have for you.

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

**Keep this leaflet with the medicine.**

You may need to read it again.

### What PANADOL ALLERGY SINUS is used for

PANADOL ALLERGY SINUS is used for the temporary relief of sinusitis symptoms, nasal congestion and allergic symptoms such as runny nose, sneezing, itchy and watery eyes.

#### PANADOL ALLERGY SINUS

caplets (capsule-shaped tablets) contain the active ingredients paracetamol, pseudoephedrine hydrochloride and chlorphenamine maleate.

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

Pseudoephedrine hydrochloride belongs to a group of medicines called sympathomimetic decongestants.

It works by reducing congestion in the upper respiratory tract, including the nose, nasal passages and sinuses, and making it easier to breathe.

Chlorphenamine maleate belongs to a group of medicines called 'antihistamines'. Antihistamines help reduce allergic symptoms by preventing the effects of a substance called histamine. Histamine is produced by the body in response to foreign substances that the body is allergic to.

**Ask your pharmacist or doctor if you have any questions about this medicine.**

Your pharmacist or doctor may have given it for another reason.

This medicine is not addictive.

It is only available from your pharmacist.

### Before you take/give PANADOL ALLERGY SINUS

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

**Do not take PANADOL ALLERGY SINUS if you have an allergy to:**

- any medicine containing paracetamol, pseudoephedrine hydrochloride, chlorphenamine maleate.
- 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 or other parts of the body
- rash, itching or hives on the skin

**Do not take this medicine if you have:**

- high blood pressure
- severe coronary artery disease (heart disease caused by poor blood flow or narrowing of the blood vessels of the heart)
- taken monoamine oxidase inhibitors, medicines used to treat depression, in the last 14 days
- glaucoma (high pressure in the eyes)
- stomach or duodenal ulcer, or other stomach problems
- have prostate problems
- have bladder problems
- have heart disease

- have kidney disease unless your doctor says you can
- you are taking other medicines for the relief of colds and flu, congestion or blocked nose, stimulant drugs called amphetamines (sometimes used to treat attention deficit disorders), or appetite suppressants, or other medicines containing antihistamines (sometimes used to treat allergy)
- are breastfeeding

**Stop using this medicine and seek immediate medical attention if you experience sudden:**

- abdominal pain or blood in your stools
- severe headache

**Do not take this medicine if you are pregnant or plan to become pregnant.**

It may affect your developing baby if you take it during pregnancy. Your pharmacist or doctor will discuss the benefits and possible risks of taking the medicine during pregnancy.

**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 pharmacist or doctor.**

### ***Before you start to take it***

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

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

- liver or kidney disease
- high blood pressure
- overactive thyroid gland
- diabetes

- heart disease and poor blood flow in the blood vessels of the heart
  - glaucoma (high pressure in the eyes)
  - prostate problems
  - epilepsy
  - irregular heartbeat
  - phaeochromocytoma
  - asthma, bronchitis or a chronic lung disorder
  - You have a severe illness, severe infection including blood infection, are severely malnourished or are a chronic heavy alcohol user as this may increase the risk of metabolic acidosis (a blood and fluid abnormality). Signs of metabolic acidosis include:
    - deep, rapid, difficult breathing
    - feeling sick (nausea), being sick (vomiting)
    - loss of appetite
    - drowsiness
- Contact a doctor immediately if you think you may be affected.

**Ask your pharmacist or doctor about taking PANADOL ALLERGY SINUS if you are pregnant or plan to become pregnant, or breastfeeding.**

Your pharmacist or doctor will discuss the potential benefits and risks of taking the medicine if you are breastfeeding.

This medicine should not be taken if you are pregnant or breastfeeding unless your doctor has told you to.

**If you have not told your pharmacist or doctor about any of the above, tell him/her before you start taking PANADOL ALLERGY SINUS.**

### ***Taking other medicines***

**Tell your pharmacist or doctor 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 PANADOL ALLERGY SINUS may interfere with each other. These include:

- warfarin, a medicine used to prevent blood clots
- metoclopramide, a medicine used to control nausea and vomiting
- medicines used to treat epilepsy or fits
- chloramphenicol, an antibiotic used to treat ear and eye infections
- alcohol
- medicines used to treat depression especially monoamine oxidase inhibitors and tricyclic antidepressants
- medicines used to treat heart conditions
- medicines used to treat high blood pressure
- medicines used to treat urinary tract infections and bladder problems
- medicines used to treat behavioural disorders
- phenylephrine, a medicine used to treat congestion
- other decongestant or cough and cold medicines
- appetite suppressants
- medicines used to help you sleep or relax (sedatives and hypnotics)
- opioid analgesics, medicines used to treat pain
- phenytoin, a medicine used to treat epilepsy
- Flucloxacillin (an antibiotic), due to a serious risk of blood and fluid abnormality (metabolic acidosis)

These medicines may be affected by PANADOL ALLERGY SINUS or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

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

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## How to take PANADOL ALLERGY SINUS

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

They may differ from the information contained in this leaflet.

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

### ***How much to take***

Adults and children over 12 years take 2 caplets. Do not take more than 8 caplets in 24 hours.

**Do not take more than the recommended dose.**

### ***How to take it***

Take 2 caplets of PANADOL ALLERGY SINUS by mouth with water as necessary. Swallow with water.

### ***When to take it***

Adults and children 12 years and over:

Take 2 tablets with water. Maximum 8 tablets in 24 hours Every 6 hours as necessary.

### ***How long to take it***

#### **Adults:**

Only take PANADOL ALLERGY SINUS for a few days at a time unless your doctor tells you to take it for longer.

#### **Children aged 12 to 17 years:**

Do not take for more than 48 hours except on medical advice.

**Do not use in children below 12 years old.**

### ***If you forget to take it***

If it is less than 1 hour before 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 pharmacist or doctor.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

### ***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 the nearest hospital, if you think that you or anyone else may have taken too much PANADOL ALLERGY SINUS.

**Do this even if there are no signs of discomfort or poisoning because of the risk of delayed, serious liver damage/failure if left untreated.**

You may need urgent medical attention.

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## While you are using PANADOL ALLERGY SINUS

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### ***Things you must do***

**Talk to your pharmacist or doctor if your symptoms do not improve.**

Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine.

### ***Things you must not do***

**Children 12 to 17 years:**

**Do not give PANADOL ALLERGY SINUS for more than 48 hours unless a doctor has told you to.**

#### **Adults:**

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

**Do not give to children under 12 years of age.**

**Do not take more than the recommended dose unless your doctor tells you to.**

**Do not take PANADOL ALLERGY SINUS to treat any other complaints unless your pharmacist or doctor tells you to.**

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

**Do not drink alcohol while taking PANADOL ALLERGY SINUS.**

The sedation effects of alcohol may be increased.

### ***Things to be careful of***

**Avoid drinking alcohol (beer, wine or spirits) while taking PANADOL ALLERGY SINUS.**

Drinking alcohol while taking PANADOL ALLERGY SINUS may increase the risk of liver side effects.

**Be careful driving or operating machinery until you know how PANADOL ALLERGY SINUS affects you.**

This medicine may cause dizziness or sleepiness in some people. If this happens, do not drive or use operate machinery.

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## Side effects

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**Tell your pharmacist or doctor as soon as possible if you do not feel well while you are taking PANADOL ALLERGY SINUS.**

This medicine helps most people with the relief of sinus congestion and pain, nasal congestion and runny nose but there may have unwanted side effects in a few 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 lists of side effects. You may not experience any of them.**

**Children and the elderly are more likely to develop side effects with this medicine.**

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

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

- nausea, dyspepsia or vomiting
- drowsiness or sleepiness
- difficulty sleeping
- nervousness
- excitability
- restlessness
- dizziness
- fear or anxiety
- rapid heart beat
- tremor
- hallucinations (this is rare but more likely in children)
- dry mouth, nose and throat
- constipation
- nervousness and irritability
- twitching or jerking muscles
- fatigue
- headache
- blurred vision
- difficulty concentrating
- lack of co-ordination

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

- 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

- difficult or painful urination (this is most likely to occur if you have an enlarged prostate)
- unexplained bruising or bleeding
- rapid or irregular heartbeat
- sudden headache
- Symptoms of metabolic acidosis which may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea), being sick (vomiting) and loss of appetite

**Tell your doctor as soon as possible if you notice any of the following:**

- difficult or painful urination
- seizures (fits)

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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## After using PANADOL ALLERGY SINUS

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### Storage

**Keep your medicine in the original pack until it is time to take it.**

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

**Do not store PANADOL ALLERGY SINUS or any other medicine 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 it 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

**Ask your pharmacist what to do with any medicine that is left over or if the expiry date has passed.**

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## Product description

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### What it looks like

PANADOL ALLERGY SINUS is a white, capsule-shaped tablet with flat edges, one face marked with 'PANADOL' and 'C&F C&F (upside down)' on the other side.

A pack contains 24 caplets.

### Ingredients

PANADOL ALLERGY SINUS caplet contains 500 mg of Paracetamol, 30 mg of Pseudoephedrine Hydrochloride and 2 mg of Chlorphenamine Maleate as the active ingredients.

The caplet also contains:

- Starch - Maize
- Starch - pregelatinised
- Povidone
- Sodium Benzoate
- Talc-purified
- Silicon dioxide
- Stearic acid

### Manufacturer/ Supplier

Haleon Australia Pty Ltd  
ACN 008 399 415

The Australian Registration number is AUST R 35520

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