

The Panadol logo consists of the word "Panadol" in a white, bold, sans-serif font, set against a black, teardrop-shaped background with a white outline.The word "Extra" is written in a stylized, italicized, white font with a black outline, positioned to the right of the Panadol logo.

**Soluble Tablets**  
**Paracetamol + Caffeine**

**Please read right through this leaflet before you start using this medicine.**

This medicine is available without prescription, but you still need to use Panadol Extra Soluble Tablets carefully to get the best results from them.

- Keep this leaflet, you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

**In this leaflet:**

1. What Panadol Extra Soluble Tablets do
2. Check before you take Panadol Extra Soluble Tablets
3. How to take Panadol Extra Soluble Tablets
4. Possible side effects
5. How to store Panadol Extra Soluble Tablets
6. Further information

## **1. What Panadol Extra Soluble Tablets do**

Panadol Extra Soluble Tablets are used for the relief of headache, migraine, backache, rheumatic pain, toothache and period pain. They also relieve sore throat and the fever, aches and pains of colds and flu.

The tablets contain two active ingredients. Paracetamol is a painkiller and also reduces your temperature when you have a fever. Caffeine acts to further help the effectiveness of paracetamol.

## **2. Check before you take Panadol Extra Soluble Tablets**



**Do not take Panadol Extra Soluble Tablets:**

- if you have ever had an allergic reaction to paracetamol, caffeine or to any of the other ingredients (listed in Section 6)
- if you are taking other medicines containing paracetamol.



**Ask your doctor before you take this medicine:**

- if you have liver or kidney disease, including alcoholic liver disease
- if you have been told by your doctor that you have an intolerance to some sugars
- if you are on a controlled sodium diet. Each 2 tablet dose contains 854 mg of sodium.



**If you are taking other medicines**

Talk to your doctor or pharmacist before taking these tablets if you are taking any prescribed medicines; particularly metoclopramide or domperidone (for nausea [feeling sick] or vomiting [being sick]) or colestyramine (to lower blood cholesterol). If you take blood thinning drugs (anticoagulants e.g. warfarin) and you need to take a pain reliever on a daily basis, talk to your doctor because of the risk of bleeding. But you can still take occasional doses of Panadol Extra Soluble Tablets at the same time as anticoagulants.



**Pregnancy and breast feeding**

Due to the caffeine content of this product it should not be used if you are pregnant or breast feeding.

### 3. How to take Panadol Extra Soluble Tablets



Adults and children aged 12 years and over:  
Take **2 tablets dissolved in a tumbler of water every 4 hours as needed.**



- Do not take more frequently than every 4 hours.
- Do not take more than 8 tablets in 24 hours.
- Do not take more than the recommended dose.
- Do not give to children under 12 years.
- Avoid too much caffeine in drinks like coffee and tea.  
High caffeine intake can cause difficulty sleeping, shaking and an uncomfortable feeling in the chest.

### If you take too many tablets

Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage.

If your symptoms continue or your headache becomes persistent, see your doctor.

### 4. Possible side effects

Like all medicines, Panadol Extra Soluble Tablets can have side effects but not everybody gets them. A small number of people have had side effects.

**Stop taking** the medicine and **tell your doctor immediately** if you experience:

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath
- **Skin rash or peeling, or mouth ulcers**
- **Breathing problems.** These are more likely if you have experienced them before when taking other painkillers such as ibuprofen and aspirin
- Unexplained **bruising or bleeding**
- **Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.**

If you do get any side effects, even those not mentioned in this leaflet, tell your doctor or pharmacist.

### 5. How to store Panadol Extra Soluble Tablets

Keep out of the reach and sight of children.

Do not use this medicine after the 'EXP' date shown on the pack.

Store below 30°C.

### 6. Further information

**Active ingredients:** Each tablet contains Paracetamol 500 mg and Caffeine 65 mg.  
**Other ingredients:** Sodium bicarbonate, sorbitol powder (E 420), saccharin sodium, sodium lauryl sulphate, citric acid, sodium carbonate, polyvidone and dimeticone.

Packs of Panadol Extra Soluble Tablets contain 24 effervescent tablets.

The marketing authorisation holder is GlaxoSmithKline Consumer Healthcare, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.

The manufacturer is GlaxoSmithKline Dungarvan Ltd., Co. Waterford, Ireland or Famar SA, Anthoussa Av., 153 44 Pallini, Attikis, Greece.

This leaflet was last revised in July 2010.

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