

Panadeine®

Paracetamol and Codeine phosphate

CONSUMER MEDICINE INFORMATION

Please read this information before you start taking this medicine.

What is in this leaflet

This leaflet answers some common questions about Panadeine. 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 or pharmacist has weighed the risks of you taking Panadeine against the benefits this medicine is expected to have for you.

Keep this leaflet with the medicine.

You may need to read it again.

What is Panadeine used for

Panadeine provides effective temporary relief from strong pain and discomfort associated with headache, muscle pain, period pain, arthritis, neuralgia, migraine headache, cold & flu, tension headache, back pain and toothache. Panadeine also reduces fever.

Panadeine contains paracetamol and codeine phosphate.

Paracetamol and codeine phosphate are analgesics. They provide effective temporary relief from pain.

Other uses

Panadeine is only registered for the uses listed above. However, your doctor or pharmacist may recommend this medicine for another use.

If you want more information, ask your doctor or pharmacist.

Do not use Panadeine if

- You are allergic to paracetamol or codeine or any of the ingredients listed under "Product Description". The symptoms of an allergic reaction may include a rash, asthma attack or hay fever.
- You are taking any other medicines containing paracetamol.
- You are breastfeeding, unless on your doctor's advice. The use of codeine containing products whilst breastfeeding may harm your baby.
- The expiry date (EXP) printed on the pack has passed.
- The packaging is torn or shows signs of tampering.

Before you start to take it

You must tell your doctor or pharmacist if:

1. You have allergies to:
 - Any of the ingredients in Panadeine.
2. You have any of these conditions:
 - Liver or kidney problems

- Depression
 - Alcoholism
 - Respiratory Depression
3. You are taking any of these medicines:
- Any medicines causing sleepiness
 - Epilepsy medication

Panadeine may affect the way these medicines work.

How to take Panadeine

Tablets, Caplets

Age: 12-Adult

Tablets: 2

How often: Every 4-6 hrs with water as required (maximum 8 tablets in 24 hrs)

Age: 7-12

Tablets: ½-1

How often: Every 4-6 hrs with water as required (maximum 4 tablets in 24 hrs)

Rapid Soluble:

Age: 12-Adult

Tablets: 2

How often: Every 4-6 hrs with water as required (maximum 8 tablets in 24 hrs)

Age: 7-12

Tablets: ½-1

How often: Every 4-6 hrs with water as required (maximum 4 tablets in 24 hrs)

Panadeine Rapid Soluble should be dissolved in at least half a glass of water.

You should follow the instructions on the label unless your doctor advises otherwise.

This preparation is for the relief of minor and temporary ailments and should be used strictly as directed. Prolonged use without medical supervision could be harmful. Do not give to children below the stated age group except on medical advice.

If you forget to take it

You may take Panadeine as soon as you remember if you think you need it. Do not take a double dose to make up for the one you missed.

Your next dose should be taken in 3 to 4 hours if you think you need it.

If you take too much (Overdose)

Immediately telephone your doctor or 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 Panadeine.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are taking Panadeine

Things you must do

Take Panadeine exactly as your pharmacist or doctor has told you to.

Tell any other doctor, dentist and pharmacist who treat you that you are taking this medicine.

Tell your doctor or pharmacist if you become pregnant while taking Panadeine.

Things you must NOT do

Do not use this medicine to treat any other complaint unless your doctor or pharmacist says it is safe. Do not give this medicine to anyone else even if they have the same symptoms as you.

Things to be careful of

Do not drink alcohol.

About 8% of people are poor metabolisers of codeine and Panadeine may not work as well if you are one of those people.

Side Effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while taking Panadeine.

Like other medicines, Panadeine can cause some side effects. If they occur, they are most likely minor and temporary. However, sometimes they are serious and need medical treatment.

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

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

- Heartburn
- Nausea
- Vomiting
- Constipation
- Dizziness
- Skin rash

Panadeine may worsen the side effects of alcohol. Avoid alcohol while using Panadeine.

After taking Panadeine

Storage

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

Keep pack stored in a cool, dry place where the temperature stays below the stated temperature on the pack. Protect from moisture.

Do not store Panadeine or any other medicine in the bathroom or moist areas.

Keep Panadeine where young children cannot reach them.

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

Do not leave Panadeine in the car on hot days.

Disposal

If you stop taking Panadeine, ask your pharmacist what to do with any that is left over.

This is not all the information that is available on Panadeine. If you have any more questions or are not sure about anything, ask your doctor or pharmacist.

Product Description

Panadeine is available in a number of forms. They are:

Tablets: Flat, round white 1.27cm tablet with bevelled edges. Front face marking "PANADEINE" with a break bar on the back face. Packs of 12, 24, 40 .

Caplets: white, uncoated capsule-shaped tablets. Front face with a break bar, back face marked "PANADEINE". Packs of 12, 24 and 40.

Rapid Soluble tablets (formerly CLEAR): Large white round flat 22 mm diameter, bevelled edge tablets, plain on both faces. Packs of 20.

Active Ingredients

Panadeine contains 500 mg paracetamol and 8 mg codeine phosphate as active ingredients.

Other ingredients:

Maize Starch

Purified Talc

Pregelatinised Maize Starch

Povidone

Stearic Acid

Potassium Sorbate

Panadeine contains no sugar, lactose, alcohol or wheat starch.

Manufactured by

GlaxoSmithKline Consumer
Healthcare

82 Hughes Avenue

Ermington NSW 2115

Australian Registration Number:

Tablets: AUST R 15478

Caplets: AUST R 152840

Rapid Soluble: AUST R 50138

This leaflet was prepared in October 2009

® Panadeine & Caplets are registered trade marks of the GlaxoSmithKline group of companies.

Helpful Advice on Managing Strong Pain

Strong pain can be debilitating and therefore affect your concentration and ability to carry on with everyday tasks. Below is some helpful advice on additional ways to manage your strong pain.

1. Application of gentle heat to the painful area. This increases the blood flow to the affected area, which works to relieve the sensation of pain and aids the healing process. Hot water bottles, hot showers and heat bags can be useful
2. Pain as a result of inflammation can also be treated by the

application of cold to the affected area. Cold packs can often be more effective in the early stages of an injury than heat. See your doctor or pharmacist for advice on the best way to treat your pain.

3. For some people massage can also help to increase the blood flow to an area and contribute to increasing flexibility of joints and muscles. Massage oils may help
4. Practice relaxation techniques. There are many useful books and courses available to instruct you on simple, effective techniques