PANADOL® OSTEO
DATA SHEET

Proprietary (Trade) Name: PANADOL OSTEO caplets

Active ingredient: Paracetamol (BP) 665 mg/tablet

PRESENTATION

White to off-white film coated capsule shaped tablets with flat edges. Embossed with the logo “8” on the front face and plain on the back face. Tablet cannot be halved.

INDICATIONS

PANADOL OSTEO is effective for the relief of persistent pain associated with osteoarthritis and muscle aches and pains such as backache. PANADOL OSTEO also provides effective, temporary relief of pain and discomfort associated with headache, tension headache, period pain, toothache and pain after dental procedures, and cold & flu. Reduces fever.

DOSAGE AND ADMINISTRATION

Adults and children aged 12 years and over: 2 caplets swallowed whole three times a day every 6 to 8 hours. Maximum of 6 caplets in 24 hours

Do not use for more than a few days at a time in adults except on medical advice.

Children under 12 years: Not recommended for children under the age of 12 years.

Should not be used for more than 48 hours for children 12 – 17 except on medical advice.

Take with water or other fluid.

Can be taken with or without food.

Doses should be equally spaced throughout the day. Minimum dosing interval 6 hours.

The caplets must not be crushed.

Do not exceed the stated dose.

The lowest dose necessary to achieve efficacy should be used.

Should not be used with other paracetamol-containing products.
Renal and Hepatic impairment
Patients who have been diagnosed with liver or kidney impairment must seek medical advice before taking this medication. (See WARNINGS AND PRECAUTIONS.)

CONTRAINDICATIONS

This product is contraindicated in patients with a previous history of hypersensitivity to paracetamol or any of the excipients listed below.

WARNINGS AND PRECAUTIONS

Contains paracetamol. Do not use with any other paracetamol-containing products. The concomitant use with other products containing paracetamol may lead to an overdose.

Paracetamol overdose may cause liver failure which can lead to liver transplant or death.

Underlying liver disease increases the risk of paracetamol-related liver damage. Patients who have been diagnosed with liver or kidney impairment must seek medical advice before taking this medication.

Cases of hepatic dysfunction/failure have been reported in patients with depleted glutathione levels, such as those who are severely malnourished, anorectic, have a low body mass index or are chronic heavy users of alcohol.

In patients with glutathione depleted states such as sepsis, the use of paracetamol may increase the risk of metabolic acidosis.

If symptoms persist, medical advice must be sought.

Keep out of sight and reach of children.

Use in pregnancy
Category A
Paracetamol has been taken by a large number of pregnant women and women of childbearing age without any proven increase in the frequency of malformations or other direct or indirect harmful effects on the foetus having been observed.

Paracetamol crosses the placental barrier. Animal studies with paracetamol have not identified any risk to pregnancy or embryo-foetal development.

Use in lactation
Paracetamol is excreted in breast milk. Human studies with paracetamol have not identified any risk to lactation or the breast-fed offspring. These results are based on immediate release preparations of paracetamol. There are no data available on the excretion of
sustained-release paracetamol preparations in breast milk. However, it is not expected that PANADOL OSTEO would provide any increase in the excretion of paracetamol in breast milk as this product is designed to maintain rather than increase plasma paracetamol concentrations compared to immediate release preparations. Maternal ingestion of paracetamol in usual analgesic doses does not appear to present a risk to the breastfed infant.

**Use in children**
Not recommended for children under 12 years of age.

**Effects on ability to drive and use machines**
PANADOL OSTEO is unlikely to cause an effect on the ability to drive or use machinery.

**Other**

*Pre-clinical*
Preclinical safety data on paracetamol in the literature have not revealed findings that are of relevance to the recommended dosage and use of the product.

**ADVERSE EFFECTS**

Adverse events from historical clinical trial data are both infrequent and from small patient exposure. Accordingly, events reported from extensive post-marketing experience at therapeutic/labelled dose and considered attributable are tabulated below by System Organ Class and frequency.

The following convention has been utilised for the classification of undesirable effects: very common (≥1/10), common (≥1/100, <1/10), uncommon (≥1/1,000, <1/100), rare (≥1/10,000, <1/1,000), very rare (<1/10,000), not known (cannot be estimated from available data).

Adverse event frequencies have been estimated from spontaneous reports received through post-marketing data.

<table>
<thead>
<tr>
<th>Body System</th>
<th>Undesirable Effect</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood and lymphatic system disorders</td>
<td>Thrombocytopenia</td>
<td>Very rare</td>
</tr>
<tr>
<td>Immune system disorders</td>
<td>Anaphylaxis, Cutaneous hypersensitivity reactions including skin rashes, angioedema and Stevens Johnson syndrome</td>
<td>Very rare</td>
</tr>
<tr>
<td>Respiratory, thoracic and mediastinal disorders</td>
<td>Bronchospasm, especially in patients sensitive to aspirin and other NSAIDs</td>
<td>Very rare</td>
</tr>
<tr>
<td>Hepatobiliary disorders</td>
<td>Hepatic dysfunction</td>
<td>Very rare</td>
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</tbody>
</table>
INTERACTIONS

The following interactions with paracetamol have been noted:

The anticoagulant effect of warfarin and other coumarins may be enhanced by prolonged regular daily use of paracetamol with increased risk of bleeding. Anticoagulant dosage may require reduction if PANADOL OSTEO medication is prolonged.

Paracetamol absorption is increased by substances that increase gastric emptying, eg metoclopramide.

Paracetamol absorption is decreased by substances that decrease gastric emptying, eg propantheline, antidepressants with anticholinergic properties and narcotic analgesics.

Paracetamol may increase chloramphenicol concentrations.

The risk of paracetamol toxicity may be increased in patients receiving other potentially hepatotoxic drugs or drugs that induce liver microsomal enzymes such as alcohol and anticonvulsant drugs.

Paracetamol excretion may be affected and plasma concentrations altered when given with probenecid.

Colestyramine reduces the absorption of paracetamol if given within one hour of paracetamol.

OVERDOSE

Paracetamol overdose may cause liver failure which can lead to liver transplant or death.

Because PANADOL OSTEO is a sustained-release formulation of paracetamol, absorption will be prolonged in overdose. It is recommended that for the management of overdose, where PANADOL OSTEO is suspected, that an additional plasma paracetamol level be obtained 4-6 hours after the initial measurement. If either level is above or close to the treatment line on the paracetamol overdose nomogram, administration of antidote would be indicated.

Treatment
Immediate medical management is required in the event of an overdose, even if the symptoms of overdose are not present.

If an overdose is taken or suspected, contact the Poisons Information Centre immediately for advice (0800 764 766), or the patient should go to the nearest hospital straight away. This should be done even if they feel well because of the risk of delayed, serious liver damage. (See ADVERSE EFFECTS.)
Administration of N-acetylcysteine may be required.

In cases of overdosage, methods of reducing absorption of ingested drug are important. Activated charcoal may reduce absorption of the medicine if given within one hour after ingestion.

FURTHER INFORMATION

Actions
Paracetamol is a para-aminophenol derivative that exhibits analgesic and anti-pyretic activity. Its mechanism of action is believed to include inhibition of prostaglandin synthesis, primarily within the central nervous system. It is given by mouth or rectally (suppositories) for mild to moderate pain and fever.

Pharmacodynamics
The lack of peripheral prostaglandin inhibition confers important pharmacological properties such as the maintenance of the protective prostaglandins within the gastrointestinal tract. Paracetamol is, therefore, particularly suitable for patients with a history of disease or on concomitant medication, where peripheral prostaglandin inhibition would be undesirable (such as, for example, those with a history of gastrointestinal bleeding or the elderly).

The combination of immediate release and sustained release paracetamol provides prompt pain relief, which may last up to 8 hours.

Chronic Pain
In patients with pain associated with osteoarthritis of the knee, PANADOL OSTEO (2 caplets taken three times daily) and standard immediate release paracetamol (2 caplets taken 4 times daily) were clinically equivalent at a total daily dose of 4 g based on patient global assessment after treatment for 7 days.

PANADOL OSTEO and standard immediate release paracetamol were not significantly different for a range of secondary efficacy parameters including pain during the day, pain on walking, pain relief, number of times woken during the night due to pain and duration or morning stiffness.

Since PANADOL OSTEO (three times daily) was clinically equivalent to standard immediate release paracetamol (four times daily), it was concluded that PANADOL OSTEO provides pain relief for up to 8 hours after dosing.

Acute Pain
In patients with post-surgical dental pain, a single dose of PANADOL OSTEO (2 caplets) was therapeutically equivalent to standard immediate release paracetamol (2 caplets) based on patient global assessment 4 hours after treatment. Onset of action was apparent 30 minutes after administration.
There was no significant difference between PANADOL OSTEO and standard immediate release paracetamol in either development of analgesia or peak analgesic effect. Trends in favour of PANADOL OSTEO were observed at the later time points. Furthermore, PANADOL OSTEO was significantly more effective than standard immediate release paracetamol for the summed pain intensity difference at 6 hours (p = 0.0344) and 8 hours (p = 0.0500), as measured on a visual analogue scale.

Summary
From these results, it was concluded that PANADOL OSTEO has a similar time to onset of action compared to standard immediate release paracetamol and provides more prolonged analgesia than standard immediate release paracetamol. For the patient, this translates to longer lasting pain relief and the improved convenience of fewer doses. This is as expected for a formulation containing sustained release paracetamol and consistent with results from the pharmacokinetic studies.

Pharmacokinetics

Absorption
Paracetamol is rapidly and almost completely absorbed from the gastrointestinal tract. Food intake delays paracetamol absorption.

PANADOL OSTEO is a unique bi-layer caplet incorporating an immediate release and a sustained release dose of paracetamol.

The sustained release layer contains HPMC polymer, which rapidly hydrates to form a gel layer at the matrix periphery. The drug is then released from the matrix by a combination of diffusion and erosion of the gel layer.

PANADOL OSTEO releases drug at a rate which ensures that therapeutically active plasma paracetamol concentrations are rapidly attained and maintained until up to 8 hours after administration.

PANADOL OSTEO and standard immediate release paracetamol were bioequivalent in volunteers with respect to dose-corrected AUC\(_{0-t}\) and AUC\(_{0-inf}\) in both the fed and fasted states following administration of a single dose. This indicates that the extent of paracetamol absorption from PANADOL OSTEO was equivalent to that of standard immediate release paracetamol. Food had little effect on the extent of paracetamol absorption from PANADOL OSTEO demonstrating that PANADOL OSTEO is suitable to be taken with or without meals. Paracetamol was rapidly absorbed after administration of PANADOL OSTEO and was generally measurable in plasma within 15 minutes in fasted subjects. Mean plasma paracetamol concentrations above the minimum level required for analgesia (>4mcg/mL) were maintained until up to 6 to 7 hours after administration in fasted subjects and 7 to 8 hours in fed subjects.

At steady state, PANADOL OSTEO was bioequivalent with standard immediate release paracetamol based on the comparison of AUCs during the final 24 hour dosing period of the study. Furthermore, comparison of the pharmacokinetic parameters indicated that
PANADOL OSTEO has the characteristics of a formulation containing sustained release paracetamol.

Fluctuations in the peak and trough values for plasma paracetamol concentrations were significantly smaller for PANADOL OSTEO than for standard immediate release paracetamol (mean fluctuation index = 0.957 and 1.388, respectively, p<0.001). Consequently, PANADOL OSTEO provided more consistent levels of paracetamol. Furthermore, the AUCs at steady state were equivalent indicating that there was no additional accumulation of paracetamol from PANADOL OSTEO compared to standard immediate release paracetamol.

**Distribution**  
Paracetamol is distributed into most body tissues. Binding to the plasma proteins is minimal at therapeutic concentrations but increases with increasing doses.

**Metabolism**  
The metabolites of paracetamol include a minor hydroxylated intermediate which has hepatotoxic activity. This intermediate metabolite is detoxified by conjugation with glutathione. However, it can accumulate following paracetamol overdosage (more than 200 mg/kg or 10 g total paracetamol ingested) and, if left untreated, can cause irreversible liver damage.

Paracetamol is metabolised differently by infants and children compared to adults, the sulphate conjugate being predominant.

**Excretion**  
Paracetamol is excreted in the urine mainly as the glucuronide and sulphate conjugates. Less than 5% is excreted as unmodified paracetamol with 85% to 90% of the administered dose eliminated in the urine within 24 hours of ingestion. The elimination half-life varies from one to three hours.

**Chemical structure:**

![Chemical structure of paracetamol](image)

**Excipients:**

Hypromellose, Pregelatinised maize starch, Povidone, Croscarmellose sodium, Magnesium stearate, Stearic acid, Glycerol Triacetate, Carnauba wax

**PHARMACEUTICAL PRECAUTIONS**

**Shelf life**  
4 years from date of manufacture.
Special Conditions for Storage

Store below 30ºC.

PACKAGE QUANTITIES

Blister packs of 6 and 96 caplets.

Not all pack sizes may be marketed.

MEDICINE SCHEDULE

Pharmacy only

SPONSOR DETAILS

GlaxoSmithKline Consumer Healthcare,
11th Floor, Zurich House,
21 Queen St
Auckland 1010, New Zealand

DATE OF PREPARATION

15 JAN 2016

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