

# BETADINE READY TO USE SORE THROAT GARGLE®

povidone-iodine (*poh-vi-dohn-ahy-uh-dahyn*)

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## Consumer Medicine Information

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### WHAT IS IN THIS LEAFLET

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This leaflet answers some common questions about Betadine Ready to Use Sore Throat Gargle.

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

This medicine is available without prescription. However, you still need to use Betadine Ready to Use Sore Throat Gargle carefully to get the best results from it.

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

Keep this leaflet. You may need to read it again.

You must contact a doctor if your symptoms worsen or do not improve.

If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, stop using Betadine Ready to Use Sore Throat Gargle immediately and tell a doctor or pharmacist.

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### WHAT BETADINE READY TO USE SORE THROAT GARGLE IS USED FOR

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Betadine Ready to Use Sore Throat Gargle contains povidone iodine, which kills most bacteria implicated in sore throat (pharyngitis) and may be used as an aid in the treatment of such an infected sore throat.

A convenient measure is included inside each pack to help ensure correct dosage.

**Always read the label.**

**It contains alcohol (96%) and saccharin.**

**Do not heat the solution.**

**Follow the directions for use. If symptoms persist, talk to your health professional.**

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### BEFORE YOU USE BETADINE READY TO USE SORE THROAT GARGLE

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BETADINE READY TO USE SORE THROAT GARGLE MUST NOT BE SWALLOWED.

**When you must not take it**

- severe sore throat accompanied by fever, headache, nausea or

vomiting or any sore throat persisting for more than 2 days may be serious. In such cases consult a doctor.

- known hypersensitivity to iodine or povidone. If irritation, redness or swelling develops, discontinue treatment and consult a doctor.
- if you currently have or have ever had, a thyroid problem, including swelling (nodular colloid goitre, endemic goitre or Hashimoto's thyroiditis), as using Betadine Ready to Use Sore Throat Gargle in these circumstances can further affect the function of your thyroid.
- not recommended during pregnancy or breastfeeding.
- on children under two years of age
- **DO NOT USE IF CAP SEAL IS BROKEN OR AFTER EXPIRY DATE.**

**If you are not sure whether any of the above apply to you, speak to your doctor or pharmacist before using.**

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

**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. In particular, you should tell your doctor if you are taking the following:

- Lithium (for depression) can interact with Betadine Ready to Use Sore Throat Gargle to affect the function of the thyroid gland. Therefore, concurrent use should be avoided.
- Do not use other wound-treatment preparations at the same time as a povidone-iodine preparation as this can lead to ineffectiveness of both the preparations. The same thing can happen if disinfectants containing silver, hydrogen peroxide or taurolidine are used at the same time.
- Do not use at the same time or immediately after application of octenidine containing antiseptics in the same or adjacent sites, as this may lead to transient dark discolorations in the areas involved.
- The use of mercury containing wound-treatment products at the same time with povidone-iodine preparations can lead to the formation of a substance which can damage the skin.

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## HOW TO USE BETADINE READY TO USE SORE THROAT GARGLE

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**Betadine Ready To Use Sore Throat Gargle requires no dilution. Pour Betadine Sore Throat Gargle to the fill line of the measure cup provided**

**(15mL) and gargle for 30 seconds. Do not swallow. Repeat every 3-4 hours if necessary.**

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

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

**Immediately telephone your doctor or the Poisons Information Centre (telephone Australia 13 11 26 or New Zealand 0800 POISON or 0800 764766) 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 Betadine Ready To Use Sore Throat Gargle. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.**

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## WHILE YOU ARE TAKING BETADINE READY TO USE SORE THROAT GARGLE

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

**Tell your doctor if you are due to have a thyroid test, faeces (stool) or urine test, as Betadine Ready To Use Sore Throat Gargle may affect the results.**

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## SIDE EFFECTS

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**Like all medicines, Betadine Ready To Use Sore Throat Gargle may cause side effects, although not everybody gets them.**

**If you experience any of the following side effects**

**stop using Betadine Ready to Use Sore Throat Gargle and go to your nearest Accident and Emergency department or contact your doctor immediately:**

- **allergic-type reactions, including difficulty breathing or swallowing, a rash, swelling of the face, lips, throat or tongue**

**You may also experience the following side effects:**

- thyroid disorders (symptoms of which include weight loss, increased appetite and sweating, or lack of energy and weight gain) can occasionally occur from using very large amounts of such products over a long period of time.
- increased amounts of acid in your blood (the main symptoms are shortness of breath, confusion and lethargy) have been reported.
- kidney failure (symptoms include difficulty in urinating, thirst and a dry mouth, and pain in one side of your back) has been reported.

Other adverse effects not listed above may also occur in some patients. Tell your doctor if you notice any other effects.

Do not be alarmed by this list of possible adverse effects. You may not experience any of them.

Should you suffer from any of these side effects, or if you notice any side effects not listed in this leaflet, stop using Betadine Ready To Use Sore Throat Gargle immediately and tell a doctor or pharmacist.

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare professionals are asked to report any suspected adverse reactions.

Australia:

[www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems)

New Zealand:

<https://nzphvc.otago.ac.nz/reporting>

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## **AFTER TAKING BETADINE READY TO USE SORE THROAT GARGLE**

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### **Storage**

Keep your medicine in a cool dry place where the temperature stays below 25°C.

Do not store Betadine Ready To Use Sore Throat Gargle 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**

Unused medicines should not be disposed of via wastewater or household waste.

Ask your pharmacist how to dispose of medicines no longer required.

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## **PRODUCT DESCRIPTION**

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### ***What it looks like***

A brown solution in 120 mL bottle.

### ***Ingredients***

Active ingredients:

- Povidone iodine

Inactive ingredients:

- citric acid monohydrate
- ethanol
- glycerol
- menthol
- methyl salicylate
- purified water
- saccharin sodium
- sodium hydroxide

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

### ***Supplier***

Betadine ready To Use Sore Throat Gargle is supplied in Australia by:

Sanofi Consumer Healthcare  
87 Yarraman Place, Virginia,  
Qld 4014 Australia.  
Toll-free: 1800 818 806

Betadine ready To Use Sore Throat Gargle is supplied in New Zealand by:

sanofi-aventis new zealand  
limited  
Level 8, 56 Cawley Street,  
Ellerslie, Auckland 1051, New  
Zealand

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