

Paracetamol Osteo (Pharmacy Health)

Paracetamol 665 mg

Modified-release Tablet, coated

What is in this leaflet

Please read this leaflet carefully before you start using Paracetamol Osteo (Pharmacy Health).

This leaflet answers some common questions about Paracetamol Osteo (Pharmacy Health).

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 doctor has weighed the risks of you using Paracetamol Osteo (Pharmacy Health) against the benefits they expect it will have for you.

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

Keep this leaflet with the medicine. You may need to read it again.

What Paracetamol Osteo (Pharmacy Health) used for

Paracetamol Osteo (Pharmacy Health) provides effective relief of persistent pain associated with Osteoarthritis for up to 8 hours.

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

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

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

There is not enough information to recommend the use of this medicine for children under the age of 12 years.

Before you use Paracetamol Osteo (Pharmacy Health)

Do not take more than the recommended dose as it may cause serious harm to your liver.

When you must not use it

Do not use Paracetamol Osteo (Pharmacy Health) if you have an allergy to:

- Any medicine containing paracetamol
- 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 use this medicine if you are taking any other prescription or non-prescription medicines containing paracetamol to treat pain, fever, symptoms of cold and flu, or to aid sleep.

Always read and follow the label.

Do not use 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 using Paracetamol Osteo (Pharmacy Health) talk to your doctor.

Before you start to use it

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

- Liver or kidney disease
- Are underweight or malnourished
- Regularly drink alcohol
You may need to avoid using this product altogether or limit the amount of paracetamol that you take.
- You have a severe infection, are severely malnourished or are a chronic heavy alcohol user as this may increase the risk of metabolic acidosis.
Signs of metabolic acidosis include:

- deep, rapid, difficult breathing
- feeling sick (nausea), being sick (vomiting)
- loss of appetite

Contact a doctor immediately if you get a combination of these symptoms.

Please see your doctor if your symptoms do not improve.

Keep out of sight and reach of children.

Ask your pharmacist or doctor about using paracetamol if you are pregnant or plan to become pregnant, or breastfeeding.

Paracetamol may be used during pregnancy and if you are breastfeeding, but you should always consult your doctor first.

Consider taking the lowest effective dose for the shortest period of time.

If you have not told your pharmacist or doctor about any of the above, tell them before you use Paracetamol Osteo (Pharmacy Health).

Taking other medicines

Tell your pharmacist or doctor if you are using any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with Paracetamol Osteo (Pharmacy Health). 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
- Propantheline
- Certain medicines used to treat depression or to control pain
- Chloramphenicol, an antibiotic used to treat ear and eye infections
- Alcohol
- Probenecid, a medicine used to treat gout or sometimes given with an antibiotic
- Cholestyramine, a medicine used to treat high cholesterol levels in the blood
- Flucloxacillin, an antibiotic, due to serious risks of blood and fluid abnormality (metabolic acidosis)

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking Paracetamol Osteo (Pharmacy Health).

How to use Paracetamol Osteo (Pharmacy Health)

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.

Do not exceed the stated dose.

Use the smallest dose that you need to treat your symptoms and use the medicine for the shortest period of time necessary.

How much to take

Adults and children aged 12 years and over: Take 2 tablets three times a day, every six to eight hours as needed. Do not take more than 6 tablets in 24 hours. Do not use in children under 12 years of age.

How to use it

Swallow the tablets whole with water or other fluid.

Do not crush or chew the tablets. They can be taken with or without food.

Try to space the doses at equal intervals throughout the day.

How long to take it

Adults: Only take paracetamol for a few days at a time unless your healthcare professional tells you to take it for longer.

Children aged 12 years and over: Only take paracetamol for 48 hours at a time unless your healthcare professional tells you to take it for longer.

If you forget to take it

If it is almost time for 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.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to accident and emergency at your nearest hospital, if you think that you or anyone else may have taken too much Paracetamol Osteo (Pharmacy Health).

Do this even if there are no signs of discomfort or poisoning because of the risk of liver failure.

You may need urgent medical attention.

While you are using Paracetamol Osteo (Pharmacy Health)

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

- **Adults: Do not use for longer than a few days at a time unless advised by a healthcare professional.**
- **Children 12 years and over: Do not use for longer than 48 hours at a time unless advised by a healthcare professional.**
- **Do not take more than the recommended dose unless your doctor tells you to.**
- **Do not use Paracetamol Osteo (Pharmacy Health) 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.**

Things to be careful of

Only drink small quantities of alcohol (beer, wine or spirits) while using Paracetamol Osteo (Pharmacy Health).

Drinking large quantities of alcohol whilst taking Paracetamol Osteo (Pharmacy Health) may increase the risk of liver side effects.

Be careful driving or operating machinery until you know how Paracetamol Osteo (Pharmacy Health) affects you.

Side Effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are using Paracetamol Osteo (Pharmacy Health).

This medicine helps most people with osteoarthritis, but it may have unwanted side effects. 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.

Ask your pharmacist or doctor to answer any questions you may have. If any of the following happen, stop using the product and 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, peeling, itching or hives on the skin or mouth ulcers
- Unexplained bruising or bleeding
- Symptoms of metabolic acidosis which may include: serious breathing difficulties with deep rapid breathing, nausea, vomiting, drowsiness and loss of appetite

You may need urgent medical attention or hospitalisation. These side effects are very rare for low doses of this medicine and when used for a short period of time.

Tell your pharmacist or doctor if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people.

After using Paracetamol Osteo (Pharmacy Health)

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 for Paracetamol Osteo (Pharmacy Health) Tablets.

Do not store Paracetamol Osteo (Pharmacy Health) or any other medicine in the bathroom or near a sink. Do not leave it on a windowsill or in a car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach or see 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.

Product description

What it looks like

White to off-white, capsule shaped, biconvex tablets, plain on both sides.

They come in blister packs or bottles of 96 tablets.

Tablet cannot be halved.

Ingredients

Active ingredient:

- Paracetamol 665 mg

Inactive ingredients:

- Croscarmellose sodium
- Hypromellose
- Macrogol 400.
- Magnesium stearate
- Maize starch
- Povidone
- Titanium dioxide

Supplier Details

Paracetamol Osteo (Pharmacy Health) is supplied in New Zealand by:

Noumed Pharmaceuticals Pty Ltd
Auckland
New Zealand
Freephone 0800 527545

Date of Preparation

This leaflet was prepared on 18 September 2025