

Paracetamol (Noumed)

Paracetamol 500 mg

Tablet, uncoated

What is in this leaflet

Please read this leaflet carefully before you start using Paracetamol (Noumed).

This leaflet answers some common questions about Paracetamol (Noumed). 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 has weighed the risks of you using Paracetamol (Noumed) 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 (Noumed) is used for

The active ingredient in these medicines is paracetamol. Paracetamol is used for the effective temporary relief of pain and discomfort associated with

- Headache
- Muscular aches
- Period pain
- Arthritis/Osteoarthritis
- Toothache
- Migraine
- Colds and flu
- Tension headache
- Sinus pain/headache
- Backache

Paracetamol also reduces fever.

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 given it for another reason.

Before you use Paracetamol (Noumed)

Taking too much paracetamol can cause serious harm to your liver.

When you must not use it

Do not use Paracetamol (Noumed) if:

- If you have an allergy to any of the ingredients listed at the end of this leaflet

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 (Noumed) talk to your doctor.

Before you start to use it

Tell your doctor if:

You have any of the following medical conditions:

- Liver or kidney problems
- 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 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.

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

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 (Noumed). 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
- Chloramphenicol, an antibiotic used to treat ear and eye infections
- Alcohol

These medicines may be affected by Paracetamol (Noumed), or may affect how well it works. You may need different amounts of your medicine, or you may need to take different medicines.

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

How to use Paracetamol (Noumed)

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.

Always use the lowest effective dose to relieve your symptoms

How much to take

Adults and children aged 12 years and over:

Take 1 to 2 tablets every four to six hours as needed. Do not take more than 8 tablets in 24 hours.

Children 7 to 11 years:

Take ½ to 1 tablet every four to six hours as needed. Do not take more than 4 tablets in 24 hours.

Not recommended in children 6 years and under.

When to take it

Swallow with water or other fluid.

How long to take it

Adults: Do not take this medicine for longer than a few days at a time unless advised by a doctor.

Children and Adolescents: Do not take this medicine for longer than 48 hours at a time unless advised by a doctor.

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.

While you are using Paracetamol (Noumed)

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

Children and Adolescents:

Do not give paracetamol for more than 48 hours unless a doctor has told you to.

Adults:

Do not use for more than a few days at a time unless your doctor tells you to.

Do not take more than the recommended dose unless your doctor tells you to.

Do not use Paracetamol (Noumed) to treat any other complaints unless your pharmacist or doctor tells you to.

Things to be careful of

Only drink small quantities of alcohol (beer, wine or spirits) while using paracetamol.

Drinking large quantities of alcohol while taking paracetamol may increase the risk of liver side effects.

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 (Noumed).

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.

Side Effects

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

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the adverse effects. Ask your doctor or pharmacist to answer any questions you may have.

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are using Paracetamol (Noumed). This medicine helps most people with various types of pain 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.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

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

If any of the following happen, 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, throat or other parts of the body
- Rash, peeling, itching or hives on the skin or mouth ulcers
- Unexplained bruising or bleeding

The above list includes very serious side effects. 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 (Noumed)

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 25°C for Paracetamol (Noumed).

Do not store Paracetamol (Noumed) or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in a 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

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 with break line between P and 500 on one side and plain on the other side.

Ingredients

Active ingredient:

- Paracetamol 500 mg

Inactive ingredients:

Pregelatinised starch, povidone K-30, Stearic acid, water purified.

Supplier Details

Paracetamol (Noumed) is supplied in New Zealand by:

Noumed Pharmaceuticals Limited,
Auckland,
New Zealand
Freephone 0800 527545

Date of Preparation

This leaflet was prepared 29th April 2021.