



COLD+FLU
Cold Relief PSE

WHAT IS PANADOL COLD RELIEF PSE USED FOR?

For relief of multiple cold/flu symptoms such as: Stuffy and/or runny nose, fever, body aches or other associated pains.

WHAT DOSE PANADOL COLD RELIEF PSE CONTAIN?

Each caplet of Panadol Cold Relief PSE contains Paracetamol 500mg and Pseudoephedrine Hydrochloride 30mg.

Other ingredients: Corn starch, Soluble starch, Talc, Povidone, Sodium benzoate, Stearic acid.

DOSAGE & ADMINISTRATION / HOW TO USE PANADOL COLD RELIEF PSE:

To be taken orally.

- Adults (including the elderly) and children aged 12 years and over:
 - 1-2 caplets every 4-6 hours as needed. Do not take more than 8 caplets in 24 hours.
 - Do not take more frequently than every 4 hours.
- 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.
- Consult a doctor if symptoms persist for more than 5 days.
- If your symptoms do not improve, speak to a doctor.
- Do not use with other decongestants or cold and flu medicines.
- 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.
- Not suitable for children under 12 years of age.

DO NOT USE PANADOL COLD RELIEF PSE IF:

- You are allergic to paracetamol, pseudoephedrine or any of the other ingredients in the product.
- You have high blood pressure or heart disease.
- You have kidney failure, unless a doctor tells you to.
- You are taking other medicines for the relief of cold and flu, congestion or blocked nose, drugs used to treat depression called tricyclic antidepressants, stimulant drugs called amphetamines (sometimes used to treat attention deficit disorders), or appetite suppressants.
- You are taking or have taken in the past two weeks, drugs called Monoamine Oxidase Inhibitors (MAOIs) which are used to treat depression.
- You are taking an antibiotic called furazolidone or linezolid.

WARNINGS & PRECAUTIONS:

Stop using this product and seek immediate medical attention if you experience sudden severe headache accompanied by a vomiting sensation or disturbance in vision, sudden abdominal pain or blood in your stools.
Do not take more than the recommended dose as it may cause serious harm to your liver. Always read and follow the label.

Check with your doctor before use if:

- You have liver or kidney problems or heart disease.
- You are underweight or malnourished.
- You regularly drink alcohol.
- You may need to avoid using this product all together or limit the amount of paracetamol that you take.
- You are taking medicines to control your blood pressure e.g. medicines called alpha or beta blockers.
- You have a severe infection, are severely malnourished, severely underweight or are a chronic heavy alcohol user as they 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.

- You have the following conditions: hyperthyroidism (an overactive thyroid gland), prostate gland enlargement, irregular heartbeat, glaucoma (increased pressure inside your eyes), diabetes (too much sugar in your blood), psychosis (severe mental health problem in which the person loses contact with reality and is unable to think and judge clearly), or pheochromocytoma (a rare tumour of the adrenal gland which sits above the kidneys).

- You are more than 60 years old, as there is increased possibility of unwanted effects

- You are taking medicines for the treatment of acute migraine headache (e.g. ergotamine, methysergide).

- You have an intolerance to some sugars.

- Do not take this product if you are pregnant, trying to become pregnant, or breastfeeding, unless a doctor tells you to.

- You are taking warfarin or similar medicines (anticoagulants) used to thin the blood.

In case of surgery, it is advisable to stop treatment at least 24 hours before use.

The pseudoephedrine content in this product may induce a positive reaction during antidoping control tests.

If you have had a serious skin reaction with this medicine, do not take it or any products containing paracetamol or acetaminophen again. Doing so could cause you to have another serious skin reaction.

OVERDOSE

- **If you take more of the medicine than you should:** Seek medical advice from a doctor immediately even if you do not have any symptoms because of the risk of liver failure.

Symptoms of overdose include irritability, restlessness, excitement, trembling, seizure, palpitations and difficulty urinating.

ABILITY TO PERFORM TASKS THAT REQUIRE JUDGMENT, MOTOR OR COGNITIVE SKILLS:

This medicine may cause dizziness. If affected, do not drive or operate machinery.

SIDE EFFECTS:

- When using this product, you may experience: nervousness, difficulty sleeping, dizziness, dry mouth, anxiety, headache, tremor, nausea and vomiting may occasionally occur. Hallucinations, particularly in children, have been reported rarely.

STOP USING THIS PRODUCT AND CONSULT YOUR DOCTOR IMMEDIATELY IF:

- You experience difficulty urinating. This is more likely to occur in men with an enlarged prostate gland.
 - You experience allergic reactions such as skin rash or itchy bumpy rash (hives), difficulty in breathing or swelling of the mouth, face, lips, tongue, throat or eyes.
 - You experience skin rash or peeling, or mouth ulcers. Symptoms of serious skin reactions may include skin reddening, rash, blisters, and separation of the upper surface of the skin from the lower layers. These serious skin reactions are rare, but can occur even if you have taken this medicine in the past without any problems.
 - You have previously experienced breathing problems with aspirin or non-steroidal anti-inflammatories, and experience a similar reaction with this product.
 - You experience unexplained bruising or bleeding.
- Keep out of sight and reach of children. Use only if foil seal over caplet is intact.
- For further information, ask a doctor or pharmacist.

STORAGE CONDITIONS:

Store below 30°C.

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