

Information for the user

Boots Pharmacy Tension Headache Tablets

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- This medicine can only be used for the short term treatment of acute moderate pain such as headache including those involving tense muscles or tension headache, migraine, rheumatic and muscular aches and pains, period pain, neuralgia, toothache and pain relief after dental or surgical operations that is not relieved by aspirin, ibuprofen or paracetamol alone
- **You should only take this product for a maximum of 3 days** at a time. If you need to take it for longer than 3 days you should see your doctor or pharmacist for advice
- **This medicine contains codeine which can cause addiction** if you take it continuously for more than 3 days. This can give you withdrawal symptoms from the medicine when you stop taking it
- **If you take this medicine for headaches for more than 3 days** it can make them worse
- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains Codeine and Paracetamol which belong to a group of medicines called analgesics which act to relieve pain. It also contains Doxylamine Succinate which acts to relax muscles and Caffeine which helps to increase the pain relief.

It can be used for the short term treatment of acute moderate pain such as headache including those involving tense muscles or tension headache, migraine, rheumatic and muscular aches and pains, period pain, neuralgia, toothache and pain relief after dental or surgical operations that is not relieved by aspirin, ibuprofen or paracetamol alone.

Before you take this medicine

- **This medicine contains codeine which can cause addiction** if you take it continuously for more than 3 days. This can give you withdrawal symptoms from the medicine when you stop taking it
- **If you take a painkiller for headaches for more than 3 days** it can make them worse
This medicine can be taken by adults and children aged 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you have severe kidney problems
- If you have severe liver problems (including a disease caused by drinking alcohol)

Other important information

Driving and using machines: This medicine may cause drowsiness or dizziness. You should not drive or use machines until you are sure you are not affected.

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine. Alcohol increases the risk of side effects occurring and may make you feel more drowsy.

If you take other medicines

! **This medicine contains paracetamol.** Do not take with any other paracetamol-containing products.

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Domperidone or metoclopramide for feeling sick or being sick (may increase the pain relief effect of paracetamol)
- Colestyramine for reducing blood fat levels (may reduce the pain relief effect of paracetamol)
- Warfarin or other blood thinners - if you take warfarin you can take occasional amounts of this medicine, but talk to your doctor first before you take it on a regular basis

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many	How often
Adults and children of 12 years and over	One or two	Every 4 to 6 hours, if you need to. Don't take more than 8 tablets in 24 hours.

Swallow each tablet with water.

Do not take for more than 3 days. If you need to use this medicine for more than 3 days you must speak to your doctor or pharmacist.

Do not give to children under 12 years.

Do not take more than the amount recommended in the table.

If symptoms do not go away talk to your doctor.

! **If you take too many tablets:** Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

Possible withdrawal effects when stopping treatment

This medicine contains codeine and can cause addiction if you take it continuously for more than 3 days. When you stop taking it you may get withdrawal symptoms. You should talk to your doctor or pharmacist if you think you are suffering from withdrawal symptoms.

Possible side effects

Most people will not have problems, but some people may have side effects when taking this medicine. If you have any unwanted side effects you should seek advice from your doctor, pharmacist or other healthcare professional.

Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side effects via the internet at www.yellowcard.gov.uk; alternatively you can call Freephone 0808 100 3352 (available between 10 am – 2 pm Monday-Friday) or fill in a paper form available from your local pharmacy.

! **If you get any of these serious side effects, stop taking the tablets. See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)
- These other effects are less serious. If they bother you talk to a pharmacist:**

- Constipation
- Drowsiness, dizziness – do not drive or use machines if you feel drowsy or dizzy
- Other allergic reactions (e.g. skin rash)
- Unusual bruising, or infections such as sore throats - this may be a sign of very rare changes in the blood

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

! How do I know if I am addicted?

If you take the medicine according to the instructions on the pack it is unlikely that you will become addicted to the medicine.

However, if the following apply to you it is important that you talk to your doctor:

- You need to take the medicine for longer periods of time
- You need to take more than the recommended amount
- When you stop taking the medicine you feel very unwell but you feel better if you start taking the medicine again

How to store this medicine

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

Each tablet contains Caffeine 30 mg, Codeine Phosphate 10 mg, Doxylamine Succinate 5 mg, Paracetamol 450 mg which are the active ingredients.

As well as the active ingredients, the tablets also contain corn starch, povidone, croscarmellose sodium, talc, magnesium stearate, purified water.

This pack contains 24 tablets.

Who makes this medicine

Manufactured for Boots Pharmacy Nottingham NG2 3AA by SSL International PLC Whitehouse Industrial Park Traynor Way Peterlee Co Durham SR8 2RU. Marketing Authorisation held by SSL International PLC Venus 1 Old Park Lane Manchester M41 7HA
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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Pharmacy Tension Headache Tablets

Reference number: 17905/0065

This is a service provided by the Royal National Institute of Blind People.