

Information for the user

Boots Paracetamol & Codeine Extra Capsules (Caffeine, Codeine Phosphate, Paracetamol)

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, migraine, rheumatic pain, muscular pain, backache, neuralgia, toothache and period pain 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 Caffeine which helps to increase the pain relief.

It can be used for the short term treatment of acute moderate pain such as headache, migraine, rheumatic pain, muscular pain, backache, neuralgia, toothache and period pain 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 have severe liver problems**
- **If you are pregnant**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you have severe kidney problems
- If you have other liver problems (including a disease caused by drinking alcohol)
- If you are taking monoamine oxidase inhibitors (for depression), or have taken them in the last 14 days
- If you are breastfeeding (see "Other important information")

Other important information

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

Breastfeeding: Usually it is safe to take this medicine while breastfeeding as the levels of the active ingredients of this medicine in breast milk are too low to cause your baby any problems. However, some women who are at increased risk of developing side effects at any dose may have higher levels in their breast milk. If any of the following side effects develop in you or your baby stop taking this medicine and seek immediate medical advice; feeling sick, vomiting, constipation, decreased or lack of appetite, feeling tired or sleeping for longer than normal, and shallow or slow breathing

Important information about some of the ingredients in this medicine: The colour ponceau 4R (E124) in this medicine may cause allergic reactions.

If you take other medicines

! This medicine contains paracetamol.

Do not take with any other paracetamol-containing products

Before you take these capsules, 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 this medicine

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

Age	How many to take	How often to take
Adults and children of 12 years and over	Two	Every 4 hours, if you need to, up to 4 times in 24 hours. Don't take more than 8 capsules in 24 hours.

Swallow each capsule whole 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 above.

If symptoms do not go away talk to your doctor.

- ! **If you take too many capsules:** 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 capsules. 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, feeling sick
- Drowsiness or dizziness – do not drive or use machines if you feel drowsy or dizzy
- Confusion, restlessness, changes in mood, hallucinations, headaches
- 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

Do not store above 30°C. Store in the original package.

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 capsule contains Caffeine 30 mg, Codeine Phosphate Hemihydrate 8 mg, Paracetamol 500 mg which are the active ingredients.

As well as the active ingredients, the capsule also contains sodium starch glycolate, magnesium stearate, sodium laurilsulfate. The capsule shell contains gelatin, quinoline yellow (E104), ponceau 4R (E124), titanium dioxide (E171), yellow iron oxide (E172), printing ink contains propylene glycol, shellac, black iron oxide (E172).

This pack contains 32 capsules.

Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA by Bristol Laboratories Ltd Northbridge Road Berkhamsted Herts HP4 1EG

Leaflet prepared March 2011

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 Paracetamol and Codeine Extra capsules

Reference number: 00014/0613

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

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