

## Information for the user



# Paracetamol 500 mg 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.

- 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 Paracetamol which belongs to a group of medicines called analgesics and antipyretics, which act to relieve pain and reduce fever.

It can be used to relieve mild to moderate pain including headache, migraine, neuralgia, toothache, sore throat, period pain, rheumatic and muscular aches and pains, sciatica, fibrositis, lumbago, joint swelling and stiffness. It can also be used to relieve the symptoms of colds and flu and reduce a fever.

### **Before you take this medicine**

This medicine can be taken by adults and children aged 6 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.

#### **! Talk to your pharmacist or doctor:**

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

### **Pregnancy and breastfeeding**

If necessary, Paracetamol 500mg Tablets can be used during pregnancy. You should use the lowest possible dose that reduces your pain and/or your fever and use it for the shortest time possible. Contact your doctor or midwife if the pain and/or fever are not reduced or if you need to take the medicine more often.

You can take this medicine if you are breastfeeding.

### **Other important information**

**Information about some of the ingredients in this medicine:** Paracetamol 500mg Tablets contain sodium metabisulfite (E223) which may rarely cause severe hypersensitivity (allergic) reactions and bronchospasm (narrowing of the windpipe).

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

### **If you take other medicines**

#### **! This medicine contains paracetamol.**

Do not take anything else containing paracetamol while taking this medicine.

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:

- Metoclopramide or domperidone (for feeling sick or being sick)
- Colestyramine (to reduce blood fat levels)
- 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 tablet.

Swallow the tablets, preferably with a drink of water.

Age	How many to take	How often to take
Adults and children over 16 years	One or two tablets	Every 4 to 6 hours, as required. <b>Don't take more than 8 tablets (4 doses) in any 24 hours.</b>
Children 12 to 15 years	One to one and a half tablets	Every 4 to 6 hours, as required. <b>Don't take more than 6 tablets (4 doses) in any 24 hours.</b>
Children 10 to 12 years	One tablet	Every 4 to 6 hours, as required. <b>Don't take more than 4 tablets (4 doses) in any 24 hours.</b>
Children 6 to 10 years	Half a tablet	Every 4 to 6 hours, as required. <b>Don't take more than 2 tablets (4 doses) in any 24 hours.</b>
<ul style="list-style-type: none"> <li>• <b>Do not give to children under 6 years.</b></li> <li>• <b>Do not take more often than every 4 hours.</b></li> <li>• <b>Do not take for more than 3 days unless instructed by your doctor.</b></li> </ul>		

Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.

**! If you take too many tablets:** Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

### Possible side effects

Most people will not have problems, but some may get some.

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

- Difficulty breathing, swelling of the face and neck, tongue or throat (severe allergic reactions)

- Skin rash or peeling or mouth ulcers
- Breathing problems. These are more likely if you have experienced them before when taking other painkillers such as ibuprofen and aspirin.

**If you get any of the following side effects see your pharmacist or doctor:**

- Skin rash
- Unusual bruising, or infections such as sore throats - this may be a sign of very rare changes in the blood
- Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.

**Very rare cases of serious skin reactions have been reported.**

## **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

## **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 Paracetamol 500 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain pregelatinised maize starch, sodium metabisulfite (E223), magnesium stearate.

The pack contains 32 white, round, flat bevelled edge tablets with a break line on one side.

## **Who makes this medicine**

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Galpharm International Ltd Elmhirst Park Middle Field Road Barnsley South Yorkshire S75 4LS, UK.

Marketing Authorisation held by Galpharm Healthcare Ltd Wrafton Braunton Devon EX33 2DL, UK.

Leaflet prepared January 2021

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

Artwork Reference D9D05QAJ4