

**Patient Information Leaflet for
Value Health
Paracetamol 500mg Tablets**

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 3 days.

What is in this leaflet

1. What Paracetamol is and what it is used for
2. What you need to know before you take Paracetamol 500mg Tablets
3. How to take Paracetamol 500mg Tablets
4. Possible side effects
5. How to store Paracetamol 500mg Tablets
6. Contents of the pack and other information

1. WHAT PARACETAMOL IS AND WHAT IT IS USED FOR

These tablets contain paracetamol and are used to treat mild to moderate pain including headache, migraine, neuralgia, toothache, sore throat, period pain, flu, fever, aches and pains including muscle pains, backache and rheumatic aches and pains.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PARACETMOL 500MG TABLETS

Do not take these tablets if you:

- Are allergic to Paracetamol or any of the other ingredients listed in section 6 (see section 4 – possible side effects).

Warnings and precautions

- Suffer from liver or kidney problems
- Suffer from alcohol dependency
- Suffer from non-serious arthritis and need to take painkillers every day

Other medicines and Paracetamol

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines:

- Blood thinning medicines such as warfarin
- Metoclopramide and Domperidone (for sickness and digestive disorders)
- Colestyramine (to help control cholesterol levels)
- Any other paracetamol containing products

Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a

baby, ask your doctor or pharmacist for advice before taking this medicine.

3. HOW TO TAKE PARACETAMOL 500MG TABLETS

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Dosage in adults, the elderly and children 16 years and over: Take one or two tablets every four to six hours as needed. Do not take more than 8 tablets in 24 hours.

Dosage in children 10 to 15 years: Taken one tablet every four to six hours as needed. Do not take more than 4 tablets in 24 hours.

Do not give the tablets to children aged under 10 years unless told to be your doctor. Do not give for more than 3 days at a time unless your doctor tells you to.

When taking this medicine, it is important to remember the following:

- Wait at least 4 hours between doses
- Do not exceed the stated dose and do not take for more than 3 days.
- Do not take other Paracetamol containing products whilst taking this medicine
- If your symptoms continue or your headache becomes persistent, see your doctor

If you take more Paracetamol Tablets than you should:

Talk to a doctor at once if you take too much of this medicine, even if you feel well because of the risk of delayed, serious liver damage. Take the container and any remaining tablets with you. Symptoms of overdose include loss of appetite (anorexia), nausea, diarrhoea, vomiting and abdominal pain.

If you forget to take Paracetamol Tablets:

Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

Serious side effects

If you experience any of these symptoms after taking this medicine go to the nearest hospital immediately:

- Allergic reactions which may be severe such as skin rashes and itching sometimes with swelling of the mouth or face or shortness of breath
- Skin rash or peeling or mouth ulcers
- Difficulty breathing. These are more likely if you have experienced them before when taking other painkillers such as ibuprofen and aspirin.
- Unexplained bruising or bleeding, throat and mouth ulcers or bleeding gums accompanied by tiredness and flu like symptoms

Other side effects

- Blood problems which can lead to an increased risk of infection.
- Hepatitis

Very rare cases of serious skin reactions have been reported.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. 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/yellowcard. By reporting side effects, you can provide more information on the safety of this medicine.

5. HOW TO STORE PARACETAMOL 500MG TABLETS

Keep medicines out of the sight and reach of children.

Do not store above 25°C. Store in the original packaging to protect from light and moisture.

Do not use this medicine after the expiry date which is stated on the packaging. The expiry date refers to the last day of the month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Paracetamol Tablets contain

The active substance in these tablets is paracetamol 500mg.

The inactive ingredients are Potato Starch, Pregelatinised maize starch, Magnesium stearate, Talc and Colloidal Silica.

What Paracetamol Tablets look like and the contents of the pack

They are white flat circular bevelled edge tablets embossed with a breakline and aP 500 on one side and plain on the reverse.

Marketing Authorisation Holder and Manufacturer

Aspar Pharmaceuticals Ltd,
Capitol Way, Collindale, London NW9 0EQ

Manufacturer

Aspar Pharmaceuticals Ltd. Albany House, Acrewood Way, St Albans, AL4 0JY, United Kingdom

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Available in packs of 8, 12, 16, 24, 32, 48, 50, 96 and 100 tablets

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