



ActiFast 
Soluble Tablets
Paracetamol

Please read right through this leaflet before you start using this medicine.

This medicine is available without prescription, but you still need to use Panadol ActiFast Soluble Tablets carefully to get the best results from them.

- Keep this leaflet, you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.
- Contains Paracetamol

In this leaflet:

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1. What Panadol ActiFast Soluble Tablets do

Panadol ActiFast Soluble Tablets are used for the relief of headache, tension headache, migraine, backache, rheumatic and muscle pain, toothache and period pain. They also relieve sore throat and the fever, aches and pains of colds and flu. The active ingredient is paracetamol which is a painkiller and also reduces your temperature when you have a fever.

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2. Check before you take Panadol ActiFast Soluble Tablets



Do not take Panadol ActiFast Soluble Tablets:

- if you have ever had an **allergic reaction** to paracetamol or to any of the other ingredients (listed in Section 6).
- if you are **taking any other prescription or non-prescription medicines containing paracetamol** to treat pain, fever, symptoms of cold and flu, or to aid sleep.



Ask your doctor before you take this medicine:

- if you have been told by your doctor that you have an **intolerance to some sugars**
- if you are on a **controlled sodium diet**. Each tablet contains **427 mg of sodium**
- if you have **liver** or **kidney** problems
- if you are **underweight** or **malnourished**
- if you regularly drink alcohol
- if you have a **severe infection** as this 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 may need to avoid using this product altogether or limit the amount of paracetamol that you take.



If you are taking other medicines

Talk to your doctor or pharmacist before taking these tablets if you are taking any prescribed medicines; particularly **metoclopramide** or **domperidone** (for **nausea** [feeling sick] or **vomiting** [being sick]) or **colestyramine** (to lower **blood cholesterol**). If you take **blood thinning drugs** (anticoagulants e.g. **warfarin**) and you need to take a pain reliever on a daily basis, **talk to your doctor** because of the risk of bleeding. But you can still take **occasional** doses of Panadol ActiFast Soluble Tablets at the same time as anticoagulants.



Pregnancy and breast feeding

Talk to your healthcare professional before taking Panadol ActiFast Soluble Tablets if you are **pregnant**. You can take this product whilst **breast feeding**.

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3. How to take Panadol ActiFast Soluble Tablets



Adults (including the elderly) and children aged 16 years and over:
Take 1-2 tablets dissolved in water every 4 to 6 hours as needed.
Do not take more than 8 tablets in 24 hours.



Children aged 10-15 years:
Give 1 tablet dissolved in water every 4 to 6 hours as needed.
Do not give more than 4 tablets in 24 hours. Do not give for more than 3 days at a time, unless your doctor tells you to.



- **Do not take more frequently than every 4 hours.**
- **Do not take more than the recommended dose.**
- **Do not give to children under 10 years.**

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.

If your symptoms continue or your headache becomes persistent, **see your doctor.**

4. Possible side effects

Like all medicines, Panadol ActiFast Soluble Tablets can have side effects but not everybody gets them. A small number of people have had side effects. Very rare cases of serious skin reactions have been reported.

Stop taking the medicine and **tell your doctor immediately** if you experience:

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath
- **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
- Unexplained **bruising or bleeding**
- **Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.**

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 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.

5. How to store Panadol ActiFast Soluble Tablets

Keep out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack.
Store below 25°C.

6. Further information

Active ingredient: Each tablet contains Paracetamol 500 mg.

Other ingredients: Sorbitol powder (E 420), saccharin sodium, sodium bicarbonate, polyvidone, sodium lauryl sulphate, dimeticone, citric acid and sodium carbonate.

Packs of Panadol ActiFast Soluble Tablets contain 12 or 24 effervescent tablets.

The marketing authorisation holder is Haleon UK Trading Limited, The Heights, Weybridge, KT13 ONY, U.K. and all enquiries should be sent to this address.

The manufacturer is GlaxoSmithKline Dungarvan Ltd., Co. Waterford, Ireland.

This leaflet was last revised in March 2023.

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