



ActiFast »
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 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:

1. What Panadol ActiFast does
2. Check before you take Panadol ActiFast
3. How to take Panadol ActiFast
4. Possible side effects
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1. What Panadol ActiFast does

Panadol ActiFast is used for fast pain relief of headaches, including migraine and tension headaches, toothache, backache, rheumatic and muscle pains, and period pain.

It also relieves sore throat and the feverishness, 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



Do not take Panadol ActiFast:

- **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 are on a **controlled sodium diet**. Each tablet contains **173 mg of sodium**.
- if you have **liver** or **kidney** problems
- if you are **underweight** or **malnourished**
- if you regularly drink alcohol
- if you have **severe infection** or severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), or you suffer from malnutrition, chronic alcoholism or if you are also taking flucloxacillin (an antibiotic). A serious condition called **metabolic acidosis** (a blood and fluid abnormality) has been reported in patients in these situations when paracetamol is used at regular doses for a prolonged period or when paracetamol is taken together with flucloxacillin.

Signs of metabolic acidosis may include:

- serious breathing difficulties with deep rapid breathing
- drowsiness
- feeling sick (nausea), being sick (vomiting)
- loss of appetite

During treatment with Panadol ActiFast, **tell your doctor straight away** 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**); **flucloxacillin** (antibiotic), due to a serious risk of blood and

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fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2). 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 at the same time as anticoagulants.



Pregnancy and breast feeding

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

3. How to take Panadol ActiFast



Adults and children aged 16 years and over:

Swallow 2 tablets with half a tumbler of water (100 ml), every 4 hours as needed. Do not take more than 8 tablets in 24 hours.

To obtain fast action pain relief, the dose **must** be **2 tablets** and **must** be taken with half a tumbler of water (100 ml). For fastest pain relief, this should be on an empty stomach.

Children aged 12-15 years:

Swallow 1 tablet with half a tumbler of water (100 ml), every 4 hours as needed. Do not give more than 4 tablets in 24 hours.



- **Do not take more frequently than every 4 hours.**
- **Do not take more than the recommended dose.**
- **Do not give to children under 12 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 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**
- A serious condition that can make blood more acidic (called **metabolic acidosis**), in patients with severe illness using paracetamol (frequency not known - see section 2).

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

Keep out of the sight and reach of children.

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

6. Further information

Active ingredient: Each tablet contains Paracetamol 500 mg.

Other ingredients: Sodium bicarbonate, starch pregelatinised, povidone, maize starch, potassium sorbate (E 202), microcrystalline cellulose, magnesium stearate, carnauba wax, titanium dioxide (E 171), polydextrose, hypromellose, glycerol triacetate, polyethylene glycol.

Contains no animal derived ingredients.

Packs of Panadol ActiFast contain 10 or 14 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 Haleon Ireland Dungarvan Limited, Knockbrack, Dungarvan, Co. Waterford, X35 RY76, Ireland.

This leaflet was last revised in April 2025.

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