

Panadol

COLD+FLU

HOT REMEDY

gsk

INDICATIONS: Panadol Cold & Flu Hot Remedy is particularly effective to give fast, soothing relief from cold, because it is made with the special Panadol Cold & Flu formula in real lemon flavour. Not only does it soothe your sore throat, clear the stuffy nose, but it also relieves aches, pains and fever.

DESCRIPTION: Each sachet of Panadol Cold & Flu Hot Remedy contains: Paracetamol 750mg, Phenylephrine Hydrochloride 10mg, Vitamin C 60mg.
Other ingredients: Citric acid, Saccharin sodium, Sodium citrate, Lemon tetarome, Quinoline yellow, Ethyl cellulose, Flavor lemon, Sucrose.

DOSAGE & ADMINISTRATION: For oral use only. Do not exceed the stated dose. Do not take more frequently than every 4 hours. Always use the smallest dose that you need to treat your symptoms and use the medicine for the shortest period of time necessary. Do not use this medicine if you are taking any other prescription or non-prescription medicines containing paracetamol to treat pain, fever, symptoms of cold and flu. Do not take with any other products containing Paracetamol, or other medicines for relief of cough and cold, congestion or blocked nose.

Adults (including the elderly) and children over 12 years old: One sachet to be taken every four to six hours as required. Empty the contents of the sachet into a mug and half fill with very hot water. Stir well. Add cold water as necessary. Sweeten if preferred with honey or sugar. Then drink in its delicious, soothing and warming relief. Do not take more than 4 sachets per day. Do not take for more than 5 days without consulting the doctor. Children under 12 years: Not recommended, except on the advice of a doctor.

CONTRAINDICATION: Do not use if:

- You are allergic to Paracetamol, Phenylephrine, Ascorbic Acid or any other ingredients in the product.
- You are taking or have taken in the past two weeks drugs called Monoamine Oxidase Inhibitors (MAOI's), usually used to treat depression.

WARNINGS & PRECAUTIONS: Taking too much paracetamol can cause serious harm to your liver.

Always read and follow the label. Check with your doctor before use if:

- You have liver and kidney problems
- You are underweight or malnourished.
- You regularly drink alcohol.

You may need to avoid using this product altogether or limit the amount of paracetamol that you take.

- You have a severe infection, are severely malnourished, severely underweight or are a chronic heavy alcohol user as this may increase the risk of metabolic acidosis. Signs of metabolic acidosis: - 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 have high blood pressure, heart disease or blood vessel disease such as Raynaud's phenomenon (which may appear as numbness, tingling and color change (white, blue then red) pain in the fingers or toes when exposed to cold), diabetes (too much sugar in your blood) or hyperthyroidism (an overactive thyroid gland).
- You have glaucoma (excessive pressure inside your eyes).
- You have phaeochromocytoma (a tumour near the kidney).
- You have difficulty urinating due to an enlarged prostate gland.
- You are pregnant, trying to become pregnant or breastfeeding.

Before taking this medicine, make sure you consult your doctor if you are taking any of the following:

- Warfarin or similar medicines meant to thin the blood.
- Medicines to control your blood pressure, such as Beta-blockers.
- Digoxin or similar medicines for heart disease.
- Appetite suppressants or stimulants.
- Medicines to treat depression such as Tricyclic anti-depressants eg. Amitriptyline.
- Medicines for the treatment of acute migraine headache (e.g. ergotamine, methysergide).

You should also tell your doctor or pharmacist about any other medicines you are taking. If your symptoms worsens, do not improve within 7 days, or are accompanied by high fever, rash or persistent headache, consult your doctor. Keep out of sight and reach of children.

If you have had a serious skin reaction with this medicine, do not take it or any products containing paracetamol or acetaminophen again.

Doing so could cause you to have another serious skin reaction.

Important information about some of the ingredients in your product:

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Contains 2.9g of sucrose per dose. This should be taken into account if you have diabetes.

ABILITY TO PERFORM TASKS THAT REQUIRE JUDGEMENT, MOTOR OR COGNITIVE SKILLS

This product may cause dizziness. If affected, do not drive or operate machinery.

OVERDOSE: If you take more of the medicine than you should, seek medical advice immediately even if you feel well because of the risk of liver failure.

ADVERSE REACTIONS: When taking this product you may experience: headache, dizziness, nervousness, difficulty sleeping, increased blood pressure, nausea and vomiting.

Stop taking this medicine and tell your doctor immediately if:

- You experience allergic reaction such as skin rash or itching, sometimes with breathing problems or swelling of the lips, throat or face.
- You experience any skin rash or reaction. Symptoms of serious skin reaction may include skin reddening, rash, blisters and separation of the upper and lower layers of the skin. These serious skin reactions are rare, but can occur even if you have taken this medicine in the past without any problems.
- You have previously experienced breathing problems with aspirin or non-steroidal anti-inflammatories and experience a similar reaction with this product.
- You experience unexplained bruising or bleeding.
- You experience unusually fast pulse rate or a sensation of an unusually fast or irregular heartbeat.
- You experience loss of vision, which may be due to abnormally high blood pressure in the eye. This is more likely to occur in those with glaucoma.
- You experience difficulty in passing water. This is likely to occur in men with an enlarged prostate gland.
- You experience nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.
- You experience mouth ulcers.

These reactions are rare or very rare.

Use only if sachet is not damaged or opened. Store in a dry place below 25°C.

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