HALEON

Panadol

COLD+FLU

COUGH & COLD

For effective extra relief of chesty cough and cold symptoms.
Non drowsy formula.

WHAT PANADOL COUGH & COLD CAPLETS DO
Panadol Cough & Cold caplets are used for the short term relief of the symptoms of colds, chills and flu with chesty coughs. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh, sore throat and a chesty, productive cough.

DESCRIPTION
Each Panadol Cough & Cold caplet contains: Paracetamol 250mg, Phenylephrine Hydrochloride 5mg and Guaiphenesin 100mg.

DOSAGE
Do not exceed the stated dose.
Do not take more frequently than every 4 hours.
Always use the lowest effective dose to relieve your symptoms and use the medicine for the shortest period of time necessary.
Do not take with any other medicines for the relief of cough and colds, congestion or blocked nose.
Do not use this medicine if you are taking any other prescription or non-prescription medicines containing paracetamol to treat pain, fever, or symptoms of cold and flu.
Adults (including the elderly) and children aged 12 years and over:
Take 2 caplets. Repeat every 4 hours as necessary. Do not take more than 8 caplets in 24 hours.
Do not take for more than 5 days.
Children aged 6 to under 12 years:
Take 1 caplet. Repeat every 4 hours as necessary. Do not take more than 4 caplets in 24 hours.
Do not take for more than 3 days.
Children under 6 years: Not recommended for children under 6 years of age.

ACTIONS
Panadol Cough & Cold caplet is a multi-ingredient formula that could relieve symptoms of cold and flu.
Paracetamol produces analgesia by elevation of the pain threshold and antipyresis through action on the hypothalamic heat-regulating center, which does not irritate stomach.
Phenylephrine Hydrochloride is a decongestant to relieve nasal congestion. Guaiphenesin is an expectorant for chesty cough which can increase the volume and reduce the viscosity of tenacious sputum.

WARNINGS AND PRECAUTIONS
Do not take more than the recommended dose as it may cause serious harm to your liver. Always read and follow the label.
Check with your doctor before use if:
- You have liver or 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 high blood pressure, heart disease or blood vessel disease such as Raynaud's phenomenon (which may appear as numbness, tingling and colour change (white, blue, then red), pain in the fingers and toes when exposed to the cold), diabetes (too much sugar in your blood) or hyperthyroidism (an overactive thyroid).
- 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 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 have glaucoma (excessive pressure inside your eyes).

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- You have pheochromocytoma (a rare tumour of the adrenal glands which sit above the kidneys).
- You have difficulty urinating due to an enlarged prostate gland.
- You have a chronic cough, asthma, chronic bronchitis or emphysema (disease of the lungs).
- If you have 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.
- 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 (anticoagulants), used to thin the blood.
- Medicines to control your blood pressure, such as betablockers.
- Digoxin or similar medicines for heart disease.
- Appetite suppressants or stimulants
- Medicines to treat depression such as tricyclic antidepressants e.g. amitriptyline.
- Medicines for the treatment of acute migraine (e.g. ergotamine, methysergide).

You should also tell a doctor or pharmacist about any other medicines you are taking.
Please see your doctor if your symptoms persist.
Keep out of sight and reach of children.

ABILITY TO PERFORM TASKS THAT REQUIRE JUDGEMENT, MOTOR OR COGNITIVE SKILLS
This product may cause dizziness. If affected, do not drive or operate machinery.
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.

CONTRAINDICATIONS
Do not use if:
- You are allergic to paracetamol, phenylephrine, guaiphenesin or any of the 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.

ADVERSE REACTIONS
When using 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 reactions such as skin rash or itching, sometimes with breathing problems or swelling of the lips, tongue, throat or face, or are feeling faint (which may lead to loss of consciousness).
- You experience any skin rash or reaction. Symptoms of serious skin reactions may include skin reddening, rash, blisters, and separation of the upper surface of the skin from the lower layers. 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 an 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 more likely to occur in men with an enlarged prostate gland.
- You experience mouth ulcers.

These reactions are rare.

OVERDOSE:
If you take more of the medicine than you should: seek medical advice, from a doctor, immediately even if you do not have any symptoms because of the risk of liver failure.

EXCIPIENTS
Lactose, Microcrystalline cellulose, Maize starch, Stearic acid, Colloidal anhydrous silica, Purified talc, Povidone, Potassium sorbate, Pregelatinised starch, Film coating, Hypromellose E464, Titanium dioxide E171, Polyethylene glycol 4000, Lactose monohydrate.

STORAGE CONDITIONS
Store below 30°C.

Use only if foil seal over caplet is intact.
For further information, ask a doctor or pharmacist.

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