

PHARMA CODE REF. IS: 1035



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**COLD+FLU**  
**SINUS**  
**MAX**



### What is PANADOL SinusMAX used for?

PANADOL SinusMAX gives fast relief from the following symptoms associated with the sinus congestion.

- Sinus Congestion & Pressure
- Blocked nose • Headache

### What does PANADOL SinusMAX contain?

Each caplet contains Paracetamol 500mg and Phenylephrine HCl 5mg.

Other ingredients: Maize starch, Pregelatinized starch, Povidone, Potassium sorbate, Sodium lauryl sulphate, Stearic acid, Purified talc, Microcrystalline cellulose.

### How to use PANADOL SinusMAX:

For oral use only.

- Do not exceed the stated dose.
- Do not take more frequently than every 4 hours.
- Always use the smallest 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, symptoms of cold and flu.
- Adults (including the elderly) and children aged 12 years and over: Take 2 caplets with water, every 4 to 6 hours as needed.
- Do not take more than 8 caplets per day.
- If symptoms persist after 5 days, seek medical advice.
- Children under 12 years: Not recommended, except on the advice of a doctor.
- Avoid taking alcohol with this medicine.

### Do not use PANADOL SinusMAX if:

- You are allergic to Paracetamol, Phenylephrine Hydrochloride 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.

### Ask a doctor before taking PANADOL SinusMAX 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 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 include:

- deep, rapid, difficult breathing
- feeling sick (nausea), being sick (vomiting)
- loss of appetite

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Contact a doctor immediately if you get a combination of these symptoms. 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. Taking too much paracetamol can cause serious harm to your liver. Always read and follow the label.

- 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 and toes when exposed to the cold), diabetes (too much sugar in the blood) or hyperthyroidism (an overactive thyroid).
- You have glaucoma (excessive pressure inside your eyes).
- You have pheochromocytoma (a rare tumour of the adrenal gland which sits above 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:**

- If you are taking anticoagulants e.g. Warfarin and you need to take Paracetamol on a daily basis over a long period of time.
- 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 antidepressants eg. Amitriptyline.
- Medicines for the treatment of acute migraine headaches (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.

**Overdose:**

If you take more of the medicine than you should : Seek medical advice immediately even if you do not have any symptoms because of the risk of liver failure.

**Ability to perform tasks that require judgement, motor or cognitive skills:**

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

**Side Effects:**

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.
- 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 experience mouth ulcers.
- You have previously experienced breathing problems with aspirin or non-steroidal anti-inflammatories, and experience a similar reaction with this product.
- You experience blood reactions (resulting in bruising, susceptibility to bleeding and infections).
- 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.

These reactions are rare or very rare.

**Storage conditions:**

Store below 30°C, away from direct sunlight and in a cool place.

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

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