



# Extra



## Panadol Extra with Optizorb

(Film Coated Tablets)  
Patient Information leaflet

### What is Panadol Extra with Optizorb and what is it used for?

#### Ingredients:

Each Tablet contains: Paracetamol 500mg, Caffeine 65mg

#### Other Ingredients

Tablet core: Starch pregelatinized, Povidone, Calcium carbonate, Crospovidone, Alginate acid, Magnesium stearate, (Sodium methyl, Sodium ethyl & Sodium propyl) parahydroxybenzoates  
Film coat & Polish: Titanium dioxide, Hypromellose, Macrogel, Polysorbate 80, Carnuba wax.

Panadol Extra with Optizorb Tablets contains paracetamol, which has an analgesic and antipyretic effects, and caffeine which is synergistically adding to the analgesic effect of paracetamol. Panadol Extra with Optizorb Tablets are recommended for the treatment of mild to moderate pain and fever example, headache, migraine, toothache, rheumatic pain, pain of osteoarthritis & dysmenorrhoea, and the relief of the symptoms of colds, influenza and sore throat.

### How to use Panadol Extra with Optizorb?

For oral administration only.

#### Adults (including the elderly) and children aged 12 years and over:

- 1 to 2 tablets every 4 to 6 hours as required.
- Do not take more than 8 tablets (4000mg paracetamol/520mg caffeine) in 24 hours.
- Do not take more frequently than every 4 hours.
- Do not use for longer than 7 days without asking your physician.

#### Children:

- Do not give to children under 12 years.

### Before taking Panadol Extra with Optizorb.

#### A. Do not take Panadol Extra with Optizorb:

If you have known or previous history of hypersensitivity to paracetamol, caffeine or any other constituents.

#### B. Take special care with Panadol Extra with Optizorb:

If you have severe liver or kidney problems, consult your doctor before using this product.

- Don't exceed the stated dose.
- If symptoms persist or get worsen or new symptoms occur consult a doctor because these could be signs of a serious condition.
- This medicine contains caffeine. Avoid drinking too many caffeine containing drinks (eg. Tea, coffee & caffeine containing canned drinks) when taking this medicine. High caffeine intake can result in difficulty sleeping, shaking and an uncomfortable feeling in the chest caused by fluttering heart beat.
- This product contains paracetamol; do not take with any other product containing paracetamol.
- This product contains Sodium methyl -, Sodium ethyl -, Sodium propyl parahydroxy benzoates (E219, E215, E217) which may cause allergic reactions (possibly delayed).
- Keep out of reach and sight of children.

#### C. Driving and using machines:

No significant effect on ability to drive and use machines.

#### D. Pregnancy & Lactation:

Due to Caffeine content of this product, it should not be used if you are pregnant or breast feeding.

#### E. Drug Interactions:

- The anticoagulant effect of warfarin and other coumarins may be enhanced by prolonged regular daily use of paracetamol with increased risk of bleeding; occasional doses have no significant effect.
- The liver toxic effects of the Panadol Extra with Optizorb may be increased by the use of alcohol.

### Possible side effects.

#### Stop using this product and consult 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 a skin rash or peeling, or mouth ulcers.
- You have previously experienced breathing problems or bronchospasm with aspirin or non-steroidal anti-inflammatory, and experience a similar reaction with this product.
- You experience unexplained bruising or bleeding.
- You experienced liver dysfunction related symptoms or signs.

### Overdose

If you know that you have exceeded the stated dose, please consult your doctor immediately.

#### Paracetamol:

Immediate medical management is required in the event of overdose for the risk of liver failure, even if symptoms of overdose are not present.

In massive over dosage exceeding 10g of paracetamol may cause liver failure. Early symptoms may include pallor, nausea, vomiting, (diaphoresis) and general malaise.

Clinical and laboratory evidence of liver damage may not be apparent until 48 to 72 hours past ingestion. Overdose should be promptly treated by gastric lavage followed by intravenous N-acetylcysteine or methionine without waiting for the results of plasma paracetamol levels. General supportive measures must be available. Additional antidote therapy is normally considered in light of further plasma paracetamol levels and the time elapsed since ingestion. In all cases of suspected overdose, prompt medical attention is critical for adults as well as for children, even if you do not notice any signs or symptoms.

#### Caffeine:

Overdose of Caffeine may result in epigastric pain, vomiting, diuresis, tachycardia, arrhythmia, insomnia, restlessness, excitement, agitation, jitteriness, tremors and convulsions. The amount ingested would be associated with serious Paracetamol-related liver toxicity.

### How to Store Panadol Extra with Optizorb:

- Store below 25° C.
- Store away of heat and light.
- This product is protected in a sealed blister. Do not use if blister is broken.

### THIS IS A MEDICINE

- Medicine is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctors' prescription, the method of use and the instructions of the pharmacist who sold the medicine.
- The doctor and pharmacist are experts in the use of medicines, its benefits and risks.
- Do not by yourself interrupt the period of treatment prescribe for you.
- Do not repeat the same prescription without consulting your doctor.

### KEEP MEDICINE OUT OF REACH OF CHILDREN

Council of Arab Health Ministers  
Union of Arab Pharmacists



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