

adol®

**Pain Reliever, Fever Reducer****Caplets, Tablets, Suppositories,****Alcohol-Free Syrup, Alcohol-Free Suspension****What is adol composed of?**

**Caplets:** Each caplet contains:  
**Active ingredient:** Paracetamol 500mg.  
**Excipients:** Maize starch, povidone, aerosil, gelatin, glycerol, magnesium stearate, stearic acid, sodium starch glycolate, and cellulose powder.

**Tablets:** Each tablet contains:  
**Active ingredient:** Paracetamol 500mg.  
**Excipients:** Maize starch, povidone, aerosil, potassium sorbate, gelatin powder, glycerol, talc (purified), and magnesium stearate.

**Suppositories:** Each suppository contains:  
**Active ingredient:** Paracetamol 125mg, 250mg, or 500mg.  
**Excipients:** Semi-synthetic glycerides of saturated fatty acids from C<sub>8</sub> and C<sub>18</sub> [Suppocire AM].  
**Syrup:** Each teaspoonful (5mL) of the syrup contains:  
**Active ingredient:** Paracetamol 120mg.  
**Excipients:** Propylene glycol, glycerin, sorbitol, sucrose, saccharin sodium, povidone, vanillin, raspberry oil, raspberry red color, and purified water.

**Suspension 120mg/5mL:** Each teaspoonful or sachet (5mL) of the suspension contains:  
**Active ingredient:** Paracetamol 120mg.  
**Excipients:** Sucrose, glycerol, xanthan gum, sorbitol, methyl and propyl paraben, color carmoisine, strawberry flavour, and purified water.

**Suspension 250mg/5mL:** Each teaspoonful or sachet (5mL) of the suspension contains:  
**Active ingredient:** Paracetamol 250mg.  
**Excipients:** Sucrose, glycerol, xanthan gum, sorbitol, methyl and propyl paraben, FD&C yellow no. 6 (sunset yellow), orange and strawberry flavours, and purified water.

**What should you know about paracetamol, the active ingredient of adol?**

Paracetamol is an effective pain reliever and fever reducer. It relieves pain by elevating the pain threshold centrally and, to a lesser extent, by blocking pain-impulse generation through a peripheral action. Paracetamol reduces fever through its effect on the hypothalamic heat-regulating centre, resulting in peripheral vasodilation, increased blood flow through the skin, sweating, and heat loss. The central and peripheral actions of paracetamol are mainly due to the inhibition of prostaglandin biosynthesis. Paracetamol is rapidly absorbed orally and rectally. The initial rapid response occurs in less than half an hour and within 2 hours peak levels are achieved. It is metabolised in the liver and excreted via the bile and the kidney.

**What is this medicine used for?**

It is used to relieve different types of mild to moderate pain such as headache, migraine, backache, rheumatic aches, period pain, toothache, pain following dental procedures, and teething pain. It also relieves discomfort that accompanies cold, flu, and sore throat.

It is effective in reducing fever that may accompany various types of infections specially in case of cold or flu. It is also used to reduce fever that may occur after vaccination.

It is considered the pain reliever and fever reducer of choice specially in patients in whom NSAIDs or salicylates, such as aspirin, are contraindicated. Such patients include asthmatics, those with history of peptic ulcer, children, or elderly.

**How should you take adol?**

Age Group	Caplets/ Tablets 500mg	Suppositories			Suspension		Syrup 120mg/5mL*
		125mg	250mg	500mg	120mg/5mL*	250mg/5mL*	
Adults and children above 12 years	1 - 2			1 - 2		10 - 20mL	
Children 6 - 12 years	½ - 1		1 - 2	1		5 - 10mL	
Children 1 - 5 years		1 - 2	1		5 - 10mL	2.5 - 5mL	5 - 10mL
Infants 3 months - 1 year					2.5 - 5mL		2.5 - 5mL

Dose may be repeated every 4 - 6 hours, but leave at least 4 hours between doses.

Do not take more than 4 doses in 24 hours.

Do not take for more than 3 days without consulting your doctor.

\* 5mL = 1 teaspoonful = 1 sachet

**Notes:**

- In post vaccination fever that may occur in infants 2 - 3 months of age, a single dose of 60mg (2.5mL of syrup or suspension 120mg/5mL) is given, followed, if necessary, by a second dose 4 - 6 hours later. If fever persists, seek doctor's advice.
- Infants below 3 months, the recommended dose is 10mg/kg body-weight or 5mg/kg body-weight if jaundiced. **adol Drops** for infants are available.
- For sachets, tear or cut open the sachet as indicated then pour its contents directly into the mouth and swallow.

**What should you do if you miss a dose?**

- Most of the time the medicine is taken 'as needed', so missing a dose should not be a problem.
- If it is almost time for the next regular dose, wait until then to take the medicine and skip the missed dose.
- Do not take two doses at one time.

**What should you be aware of?**

Do not exceed the recommended dose. Do not take more than 2 tablets, caplets, or suppositories at one time, and do not take more than 8 in 24 hours.

Do not take with any paracetamol-containing product.

If symptoms persist, consult your doctor.

Caution is required if you are suffering from any liver or kidney problem, as well as, if you are alcoholic.

Chronic hepatic necrosis has been reported in a patient who took daily therapeutic doses of paracetamol for about a year and liver damage has been reported after daily ingestion of excessive amounts.

Paracetamol use is safe in pregnancy and lactation when taken within the recommended dosage.

**Is there any undesired effect?**

Paracetamol is generally well tolerated when taken within the recommended dosage. Rarely, skin rash and blood disorders have been reported.

**What to do in case of overdose?**

Ingestion of massive overdose of paracetamol (exceeding 10g for adults or 150mg/kg body-weight for children) should be avoided as it may lead to liver damage.

Refer immediately to the doctor if you experience diarrhoea, loss of appetite, nausea or vomiting, stomach cramps or pain, and increased sweating. Pain, tenderness, and/or swelling in upper abdominal area may occur 2 - 4 days after ingesting the overdose.

The recommended treatment in such a case is:

- Giving the patient activated charcoal if the overdose has been ingested within the previous hour.
- Giving the patient N-acetylcysteine or methionine within 10 - 12 hours of ingestion.
- Instituting supportive treatment that includes maintaining fluid and electrolyte balance.

**Is there any drug interactions?**

Concomitant use of cholestyramine with paracetamol may reduce paracetamol absorption.

Metoclopramide seems to enhance paracetamol effects by accelerating its absorption when used concurrently.

Using paracetamol regularly for a prolonged period of time may possibly enhance the anticoagulant effect of warfarin upon their concurrent use.

**What are the available packs of adol?**

**adol** caplets: Pack of 24, 48, or 96 caplets.

**adol** tablets: Pack of 20, 50, or 100 tablets. Hospital pack of 1000 tablets.

**adol** suppositories: Pack of 10 suppositories. Hospital pack of 100 suppositories.

**adol** syrup: Bottle containing 60 or 100mL.

**adol** suspension 120mg/5mL: Bottle containing 100mL. Pack of 20 sachets of 5mL each.

**adol** suspension 250mg/5mL: Bottle containing 100mL or 135mL. Pack of 20 sachets of 5mL each.

\* Store at a temperature of 15 - 25°C. Store the suppositories below 30°C, protected from heat.

**THIS IS A MEDICATION**

- Medication is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medication.
- The doctor and the pharmacist are experts in medicines, their benefits and risks.
- Do not by yourself interrupt the period of treatment prescribed for you.
- Do not repeat the same prescription without consulting your doctor.
- Keep all medicaments out of the reach of children.

Council of Arab Health Ministers,  
 Union of Arab Pharmacists.

Any information ? Call Toll Free No. (971) 800-4994



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