Panadol® Cold & Flu Hot Lemon & Honey

DESCRIPTION

Each 6g sachet contains Paracetamol Ph. Eur. 600mg, Ascorbic Acid (Vitamin C) Ph. Eur. 40mg, Phenylephrine Hydrocloride Ph. Eur. 10mg in powder form.

INDICATIONS

Panadol Cold & Flu Hot Lemon & Honey is recommended for the relief of the symptoms of influenza, feverishness, chills and feverish colds including headache, sore throat pain, aches and pains, nasal congestion, sinusitis and its associated pain, and acute nasal catarrh.

DOSAGE AND ADMINISTRATION

For oral administration.

Empty contents of one sachet into a mug. Half fill with very hot water. Stir well. Add cold water as necessary and sugar as desired.

ADULTS AND CHILDREN AGED 12 YEARS AND OVER:

One sachet to be taken every 4-6 hours, as necessary. Do not exceed 6 sachets per 24 hours

Not Recommended For Children Under 12 Years

CONTRAINDICATIONS

Panadol Cold & Flu Hot Lemon & Honey is contraindicated in patients with a previous history of hypersensitivity to paracetamol or to any of the other ingredients. It is also contraindicated in hypertensive patients or those taking monoamine oxidase-inhibitors, tricyclic antidepressants or beta-blockers, and those with hepatic or renal impairment, diabetes, hyperthyroidism and cardiovascular disease.

SPECIAL WARNINGS AND PRECAUTIONS FOR USE

Keep out of the reach of children.

Do not exceed the stated dose. If symptoms persist, seek medical advice.

This product should not be used with other paracetamol-containing products.

Care is advised in the administration of paracetamol to patients with severe renal or severe Hepatic impairment. The hazard of overdose is greater in those with non-cirrhotic alcoholic liver disease.

Immediate medical advice should be sought in the event of overdose, even if you feel well, because of the risk of delayed, serious liver damage.

USE IN PREGNANCY AND LACTATION

Epidemiological studies in human pregnancy have shown no ill-effects due to paracetamol used in the recommended dosage, but patients should follow the advice of their doctor regarding its use. Paracetamol is excreted in breast milk but not in a clinically significant amount. Available published data do not contraindicate breast feeding.

SIDE EFFECTS

Adverse effects of paracetamol are rare but hypersensitivity including skin rash occur. There have been very rare reports of blood dyscariasis including thrombocytopenia and agranulocytosis but these were not necessarily related to paracetamol.

DRUG INTERACTIONS

The speed of absorption of paracetamol may be increased by metoclopramide or domperidone and absorption reduced by cholestyramine. 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.

Phenylephrine may antagonise beta-blockers and anti-hypertensive drugs, and potentiate the action of monoamine oxidase inhibitors.

OVERDOSE

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

Paracetamol overdose may cause liver failure.

Administration of N-acetylcysteine or methionine may be required (follow standard procedure for paracetamol). General supportive measures must be available.

PHARMACODYNAMIC PROPERTIES

Paracetamol provides analgesic and antipyretic actions.

Phenylephrine Hydrochloride is a sympathomimetic agent and provides relief from nasal congestion due to its vasoconstrictor action.

Ascorbic acid is commonly included in combination cold products to compensate for Vitamin C losses that may occur in the initial stages of acute viral infections, including the common cold.

PHARMACOKINETIC PROPERTIES

Paracetamol is readily absorbed from the gastrointestinal tract. It is metabolised in the liver and excreted in the urine, mainly as glucoronide and sulphate conjugates.

Phenylephrine Hydrochloride has reduced bioavailability from the gastrointestinal tract due to irregular absorption and first pass metabolism by monoamine oxidase in the gut and liver. It is excreted in the urine almost entirely as the sulphate conjugate.

Ascorbic acid is readily absorbed from the GI tract and is widely distributed in the body tissues, 25% bound to plasma proteins. Ascorbic acid in excess of the body's needs is eliminated in the urine as metabolites.

SHELF LIFE

The expiry date is indicated on the packaging.

STORAGE CONDITIONS

Store below 25° C. Store in the original packaging.

THIS IS A MEDICINE

- Medicines are products which affect your health, and failure to follow the instructions may be dangerous for you.
- Follow your doctor's advice carefully, the method of use, and the instructions of the pharmacist who sold you the medicine.
- Your doctor and the pharmacist are experts in medicines, and their benefits and risks.
- Do not stop your course of treatment early unless advised to do so by your doctor or pharmacist.
- Do not repeat your prescription without consulting your doctor.

KEEP MEDICINES OUT OF REACH OF CHILDREN

Council of Arab Health Ministers
Union of Arab Pharmacists

GlaxoSmithKline

SmithKline Beecham SA, Alcala, Spain.

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