

# Panadeine\*

Paracetamol & Codeine Phosphate

## Consumer Medicine Information

### What is in this leaflet?

This leaflet answers some common questions about Panadeine\*.

- \* It does not contain all the available information.
- \* All medicines have risks and benefits.
- \* **If you have any concerns about taking this medicine, ask your doctor or pharmacist.**
- \* **Keep this leaflet with the medicine.**
- \* You may need to read it again.

### Product Description

#### What it looks like

Panadeine is available in a number of forms. They are:

Tablets: Flat, round white 1.27cm tablet with bevelled edges. Front face marking "PANADEINE" with a break bar on the back face. Packs of 12, 24, 50 and 100.

Caplets\*: Blue film coated capsule shaped tablets. Front face with a break bar, back face marked "PANADEINE". Packs of 24 and 48.

Rapid Soluble: Large white round flat tablets. Plain on both faces. Packs of 20.

#### Ingredients

Panadeine contains 500 mg paracetamol and 8 mg codeine phosphate as active ingredients.

Panadeine also contains inactive ingredients which are used in the manufacture of the medicine as follows:

Tablets: talc, maize starch, pregelatinised maize starch, stearic acid, povidone, potassium sorbate.

Caplets: talc, maize starch, pregelatinised maize starch, stearic acid, povidone, potassium sorbate, hypromellose, glycerol triacetate, titanium dioxide, carnauba wax, blue film-coat.

Panadeine contains no sugar, lactose, alcohol or wheat starch.

### What is Panadeine Used for?

Panadeine provides effective temporary relief from strong pain and discomfort associated with headache, muscle pain, period pain, arthritis, neuralgia, migraine headache, cold & flu, tension headache, back pain, toothache, dental procedures and sore throat. Reduces fever.

Paracetamol and Codeine Phosphate are analgesics. They provide effective temporary relief from pain.

#### Other uses

Panadeine is only registered for the uses listed above. However, your doctor or pharmacist may recommend this medicine for another use. If you want more information, ask your doctor or pharmacist.

### Before you use Panadeine

**You must tell your doctor or pharmacist if:**

**1. You have allergies to:**

- \* Any of the ingredients in Panadeine.

**2. You have any of these conditions:**

- \* Liver or kidney problems
- \* Depression
- \* Alcoholism
- \* Respiratory Depression

**3. You are taking any of these medicines:**

- \* Any medicines causing sleepiness
- \* Epilepsy medication

Panadeine may affect the way these medicines work.

Do not use Panadeine if:

- \* **the expiry date (EXP) printed on the pack has passed.**
- \* **if the packaging is torn or shows signs of tampering.**

### Using Panadeine

#### How to take it

Tablets -

Adults & Children over 12 years: 2 tablets (maximum 8 in 24 hours)

Children 7 to 12 years: 1/2 to 1 tablet (maximum 4 in 24 hours).

Take with water every 3 to 4 hours if necessary.

Caplets -

Adults and Children over 12 years: 2 caplets (maximum 8 in 24 hours).

Take with water every 3 to 4 hours if necessary.

Rapid Soluble -

Adults and Children over 12 years: 1 to 2 tablets (maximum 8 in 24 hours).

Children 7 to 12 years: 1/2 to 1 tablet (maximum 4 in 24 hours)

Dissolve in at least half a glass of water.

You should follow the instructions on the label unless your doctor advises otherwise.

This preparation is for the relief of minor and temporary ailments and should be used strictly as directed. Prolonged use without medical supervision could be harmful. Do not give to children below the stated age group except on medical advice.

### ***If you forget to take it***

**You may take Panadeine as soon as you remember if you think you need it. Do not take a double dose to make up for the one you missed. Your next dose should be taken in 3 to 4 hours if you think you need it.**

### ***Overdose***

**Telephone your doctor or poisons information centre or go to casualty at your nearest hospital if you think that you or anyone else has taken too much Panadeine, even if there are no signs of discomfort or poisoning.**

**The Poisons Information Centres in Australia can be contacted by telephone on 13 11 26.**

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## **While you are using Panadeine**

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**Do not take any other medicines containing paracetamol.**

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## **Side Effects**

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**Panadeine like all medicines may cause some unwanted side effects. Tell your doctor if you experience any of the following side effects and they worry you:**

Heartburn, nausea, vomiting, constipation, dizziness, drowsiness, skin rash.

**Panadeine may worsen the side effects of alcohol. Avoid alcohol while using Panadeine.**

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## **After using it**

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### ***Storage***

**Keep your tablets or caplets in the pack until it is time to take them.**

**Keep pack stored in a cool, dry place where the temperature stays below the stated temperature on the pack. Protect from moisture.**

**Do not store Panadeine or any other medicine in the bathroom or moist areas.**

**Keep Panadeine where young children cannot reach them.**

A locked cupboard at least one and a half metres above the ground is a good place to store medicines.

**Do not leave Panadeine in the car on hot days.**

### ***Responsible Disposal of Medicines***

**If you stop taking Panadeine, ask your pharmacist what to do with any that is left over.**

### ***Manufacturer***

Panadeine is made in Australia by:

GLAXOSMITHKLINE  
CONSUMER HEALTHCARE  
a division of GlaxoSmithKline  
Australia Pty. Ltd.

82 Hughes Avenue  
Ermington NSW 2115

INFOLINE: (free call) 1800 028 533

Australian Registration Number:

Tablets: AUST R 15478

Caplets: AUST R 75184

Rapid Soluble: AUST R 50138

This leaflet was prepared in February 2005.

Panadeine and Caplets are Registered Trade Marks of the GlaxoSmithKline group of companies.

### **Helpful Advice on Managing Strong Pain**

Strong pain can be debilitating and therefore effect your concentration and ability to carry on with everyday tasks. Below is some helpful advice on additional ways to manage your strong pain.

1. Application of gentle heat to the painful area. This increases the blood flow to the affected area, which works to relieve the sensation of pain and aids the healing process. Hot water bottles, hot showers and heat bags can be useful
2. Pain as a result of inflammation can also be treated by the application of cold to the affected area. Cold packs can often be more effective in the early stages of an injury than heat. See your doctor or pharmacist for advice on the best way to treat your pain.
3. For some people massage can also help to increase the blood flow to an area and contribute to increasing flexibility of joints and muscles. Massage oils may help.
4. Practice relaxation techniques. There are many useful books and courses available to instruct you on simple, effective techniques.