

**PLEASE READ THIS INFORMATION CAREFULLY BEFORE YOU START TO TAKE YOUR MEDICINE. CONSUMER MEDICINE INFORMATION**



# COLD RELIEF

PARACETAMOL, CHLORPHENAMINE MALEATE

## WHAT IS IN THIS LEAFLET

This leaflet answers some common questions about Pharmacy Health Cold Relief. It does not contain all the available information and it does not take the place of talking to your doctor or pharmacist.

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 want to read it again later.

## WHAT PHARMACY HEALTH COLD RELIEF ARE USED FOR

Pharmacy Health Cold Relief contain two active ingredients, paracetamol and chlorphenamine maleate to provide temporary relief from the following symptoms of colds & flu including:

- Headache
- Sneezing
- Body aches & pains
- Runny nose
- Watery & itching eyes
- Fever

**Your doctor or pharmacist may recommend this medication for another use. If you want more information ask your doctor or pharmacist.**

## BEFORE YOU TAKE PHARMACY HEALTH COLD RELIEF

### *When you must not take it*

**Do not take Pharmacy Health Cold Relief if:**

- you have ever had an allergic reaction with paracetamol, chlorphenamine maleate, any other antihistamine or any other ingredients listed under 'Product Description'. The symptoms of an allergic reaction may include rash, dizziness, nausea or headache.
- you are taking any other product containing paracetamol.
- you are also taking monoamine oxidase inhibitors, a type of medicine to treat depression.

**Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.**

If it has expired or is damaged, return it to your pharmacist for disposal. If you are not sure whether you should start taking this medicine, talk to your doctor.

**Do not take this medicine if you have or have had any of the following medical conditions:**

- Glaucoma (high pressure in the eyes)
- Prostate problems
- Bladder problems
- Stomach or duodenal ulcer or other stomach problems

### *Before you start to take it*

**Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.**

**Tell your doctor if you have or have had any of the following medical conditions:**

- you have liver or kidney problems
- you are having breathing problems
- you are a heavy drinker
- you have epilepsy

**Tell your doctor if you are pregnant or plan to become pregnant or are**

**breastfeeding.** Your doctor or pharmacist can discuss with you the risks and benefits involved.

### *Taking other medicines*

**Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines/substances and Pharmacy Health Cold Relief may interfere with each other. These include:

- anticoagulants (medicines that thin the blood such as warfarin)
- antidepressants
- medicines containing metoclopramide or propantheline
- medicines for treating epilepsy or fits
- sleeping tablets
- alcohol

- chloramphenicol (an antibiotic)

These medicines may be affected by Pharmacy Health Cold Relief or may affect how well it works.

You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine

**If you have not told your doctor or pharmacist about any of the above, tell them before you use Pharmacy Health Cold Relief.**

## HOW TO TAKE PHARMACY HEALTH COLD RELIEF

### *How much to take*

**Adults and Children over 12 years:**

Take 2 tablets every 4 to 6 hours when necessary (maximum 8 tablets in 24 hours). Do not exceed 8 tablets in 24 hours. Do not take for longer than 48 hours at a time unless advised by a doctor.

**Not to be given to children under 12 years of age.**

### *How to take it*

Swallow the tablets whole with a glass of water.

### *When to take it*

Pharmacy Health Cold Relief can be taken with or without food.

### *If you take too much (overdose)*

**Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Pharmacy Health Cold Relief.**

**Do this even if there are no signs of discomfort or poisoning.**

You may need urgent medical attention.

Symptoms of an overdose may include vomiting, stomach pain, hallucination and seizures.

## WHILE YOU ARE USING PHARMACY HEALTH COLD RELIEF

### *Precautions while using this medicine*

Pharmacy Health Cold Relief are for minor and temporary ailments and should be used strictly as directed. Prolonged use without medical supervision could be harmful.

**Be careful driving or operating machinery until you know how Pharmacy Health Cold Relief affects you.** This medication may cause drowsiness and/or dizziness in some people. If affected do not drive a vehicle, operate machinery or do anything else that could be dangerous.

Avoid drinking alcohol while taking this medicine.

### *Side effects*

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Pharmacy Health Cold Relief.

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

If you are 60 years and over you may have an increased chance of getting side effects. Dizziness, drowsiness and a drop in blood pressure causing light-headedness are more likely to occur in elderly patients.

**Do not be alarmed by the following list of side effects. You may not experience any of them.** Ask your doctor or pharmacist to answer any questions you may have.

The more common side effects of Pharmacy Health Cold Relief are:

- drowsiness
- dizziness
- allergic reactions
- skin rashes
- nausea
- dry mouth
- vomiting
- constipation or diarrhoea

**Tell your doctor or pharmacist if you notice anything that is making you feel unwell.**

Other side effects not listed above may also occur in some people.

## AFTER USING PHARMACY HEALTH COLD RELIEF

### *Storage*

**Keep your tablets in the blister pack until it is time to take them.** If you take the tablets out of the blister pack they may not keep well.

**Keep it in a cool dry place where the temperature stays below 30°C. Do not store any medicines in the bathroom or in moist areas, or do not leave them in the car on hot days.** Heat and dampness can destroy some medicines.

Keep it where children cannot reach it. A locked cupboard or at least one-and-a-half metres above the ground is a good place to store medicines.

### *Disposal*

**If your doctor tells you to stop taking Pharmacy Health Cold Relief, or the tablets have passed their expiry date, ask your pharmacist what to do with any medicine that is left over.**

## PRODUCT DESCRIPTION

### *What it looks like*

Pharmacy Health Cold Relief are an oval shaped white, film-coated tablet with a break bar on one side.

Available in a blister pack containing 24 tablets.

### *Active ingredients*

Each tablet contains:

- Paracetamol 500 mg
- Chlorphenamine maleate 2 mg

### *Inactive ingredients*

- Colloidal anhydrous silica
- Microcrystalline cellulose
- Magnesium stearate
- Maize starch
- Povidone
- Sodium starch glycolate
- OPADRY complete film coating system 04F58804 WHITE

This medicine does not contain sucrose, lactose, gluten, tartrazine or any other azo dyes.

## SUPPLIER

Pharmacy Health Cold Relief are supplied in Australia by:  
Pharmacy Health  
250 Camberwell Road,  
Camberwell VIC 3124

The Australian Registration number is AUST R 223839

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