

**PARACETAMOL & IBUPROFEN SOFT GELS****CONSUMER MEDICINE INFORMATION****Paracetamol, Ibuprofen**

Please read this information carefully before you start to take your medicine.

**WHAT IS IN THIS LEAFLET**

This leaflet answers some common questions about Pharmacy Health Paracetamol & Ibuprofen Soft Gels.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor or pharmacist has weighed the risks of you taking Pharmacy Health Paracetamol & Ibuprofen Soft Gels against the benefits this medicine is expected to have for you.

If you have any concerns about taking this medicine, ask your pharmacist or doctor.

Keep this information with the medicine. You may need to read it again.

**WHAT ARE PHARMACY HEALTH PARACETAMOL & IBUPROFEN SOFT GELS USED FOR**

Pharmacy Health Paracetamol & Ibuprofen Soft Gels contain two active ingredients paracetamol and ibuprofen and are for temporary relief of acute pain and/or inflammation associated with headache, migraine headache, tension headache, sinus pain, toothache, dental procedures, back pain, muscular aches and pain, rheumatic pain and arthritic pain, tennis elbow, period pain, sore throat, and symptoms of cold & flu. Also reduces fever.

Paracetamol works to stop the pain messages from getting through to the brain. Paracetamol also acts in the brain to reduce fever.

Ibuprofen belongs to a family of medicines called non-steroidal anti-inflammatory drugs (NSAIDs). This group of medicines works by relieving pain, inflammation (swelling, redness, soreness) and fever.

Your doctor or pharmacist may have given you this medicine for another use.

If you want more information, ask your doctor or pharmacist.

**BEFORE YOU TAKE PHARMACY HEALTH PARACETAMOL & IBUPROFEN SOFT GELS****When you must not take it**

You should not take Pharmacy Health Paracetamol & Ibuprofen Soft Gels if you are allergic to paracetamol or ibuprofen, aspirin, other NSAIDs, or any of the ingredients listed under "Product Description". The symptoms of an allergic reaction may include:

- Shortness of breath.
- Wheezing or difficulty breathing.
- Swelling of the face, lips, tongue or other parts of the body.
- Rash, itching or hives on the skin.
- Stomach ache, fever, chills, nausea and vomiting, fainting.

If you are allergic to aspirin or NSAIDs medicines and take Pharmacy Health Paracetamol & Ibuprofen Soft Gels these symptoms may be severe.

Do not take Pharmacy Health Paracetamol & Ibuprofen Soft Gels if you are also taking any other medicines that contain one or more NSAID medicine, whether prescribed by your doctor or obtained without prescription.

Several medicines used to treat headache, period pain and other aches and pains contain aspirin or NSAIDs. If you are not sure if the medicines you are taking contain these ingredients, ask your pharmacist.

Do not take this medicine if you are pregnant or trying to become pregnant. Ibuprofen should not be taken at all during the last 3 months of pregnancy. Unless advised by a doctor, do not take ibuprofen during the first 6 months of pregnancy.

Do not take this medicine if you have any of the following conditions:

- asthma, bronchitis, emphysema or other acute breathing difficulties.
- bleeding from the rectum (back passage), have black sticky bowel motions (stools) or bloody diarrhoea.
- if you have a stomach ulcer.
- recent vomiting of blood or material that look like coffee grounds.
- liver disease or impaired kidney function.
- heart problems.

Do not take this medicine if you regularly drink large quantities of alcohol. Ask your doctor or pharmacist about taking Pharmacy Health Paracetamol & Ibuprofen Soft Gels if you are breastfeeding.

Do not use Pharmacy Health Paracetamol & Ibuprofen Soft Gels in children under 12 years.

Ask your doctor or pharmacist about taking Pharmacy Health Paracetamol & Ibuprofen Soft Gels if you are over 65 years of age and have kidney or respiratory problems.

Do not use it after the expiry date printed on the pack. If you take it after the expiry date it may have no effect at all, or worse, have an entirely unexpected effect.

Do not use it if the packaging is torn or shows signs of tampering.

**Before you start to take it**

Do not take with other medicines containing paracetamol or ibuprofen, aspirin, salicylates or with any other anti-inflammatory medicines, unless advised to do so by a doctor or pharmacist.

You must tell your pharmacist or doctor if:

- You have allergies to any ingredients listed under "Product Description" at the end of this leaflet.
- You have ever had any of these conditions:
  - Liver, kidney or heart problems.
  - Asthma, or have suffered in the past from asthma.
  - You drink large quantities of alcohol.
  - You have a history of drug or alcohol abuse.
  - Recent surgery on the stomach or intestines.
  - Previous history of ulcers.

If you currently have any of these conditions, you should not take this medicine.

Ask your pharmacist about taking this medicine if you are breastfeeding. Small amounts of ibuprofen and paracetamol pass into the breast milk.

**Taking other medicines**

Tell your pharmacist or doctor if you are using any other medicines including any of the following medicines:

- Aspirin, salicylates or other NSAID medicines.
- Warfarin or other medicines used to stop blood clots or thin the blood.
- Zidovudine a medicine used to treat HIV infection.
- Lithium and other medicines used to treat depression or anxiety e.g. MAOIs (even if taken within the last 14 days).
- Medicines to treat epilepsy.
- Metoclopramide, a medicine used to control nausea and vomiting.
- Propranolol, a drug used to treat stomach ulcers.
- Chloramphenicol, an antibiotic used to treat ear and eye infections.
- Medicines used to relieve stomach cramps or spasms.
- Medicines such as prednisone, prednisolone and cortisone, which reduce the activity of your immune system.
- Probenecid, a drug used to treat high uric acid levels in blood associated with gout.
- Cholestyramine, a drug used to reduce blood cholesterol.
- Methotrexate, a medicine used to treat arthritis and some types of cancer.
- Diuretics, also called fluid tablets.
- Medicines used to treat high blood pressure or other heart conditions.

These medicines may be affected by Pharmacy Health Paracetamol & Ibuprofen Soft Gels or affect how well Pharmacy Health Paracetamol & Ibuprofen Soft Gels work.

Your doctor or pharmacist can tell you what to do if you are taking any of these medicines.

You should also tell your pharmacist or doctor about any other medicines that you have bought without a prescription from either your pharmacy, supermarket or health food shop.

If you have not told your pharmacist or doctor about any of these things, tell him/her before you take any Pharmacy Health Paracetamol & Ibuprofen Soft Gels.

**HOW TO TAKE PHARMACY HEALTH PARACETAMOL & IBUPROFEN SOFT GELS****How much to take**

Adults under 65 years of age and children from 12 years of age and adolescents: 1 soft capsule three times a day (every 8 hours) when necessary.

**How long to take it**

Adults: Do not take this medicine for longer than 3 days at a time unless advised to by a doctor.

Children and Adolescents 12 – 17 years: Do not take this medicine for longer than 2 days at a time, unless advised to by a doctor.

Do not take more than 3 soft capsules in a 24-hour period.

Keep to the recommended dose. If Pharmacy Health Paracetamol & Ibuprofen Soft Gels are not adequately controlling your pain, do not increase the dose. Please see your doctor.

As with other NSAIDs, excessive or prolonged use of ibuprofen may increase the risk of heart attack, stroke or liver damage.

If your symptoms persist, worsen or new symptoms develop, talk to your doctor or pharmacist.

**How to take it**

Swallow the soft capsule whole with water or other liquid.

The directions given to you by your pharmacist or doctor may be different from the information in this leaflet. If you are unsure what dose to take, ask your pharmacist or doctor.

**IF YOU TAKE TOO MUCH (OVERDOSE)**

Immediately telephone your doctor or Poisons Information Centre (telephone in Australia 13 11 26, telephone in NZ 0800 764 766) for advice or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much Pharmacy Health Paracetamol & Ibuprofen Soft Gels.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention because of the risk of delayed, serious liver damage with an overdose of paracetamol.

Keep telephone numbers of these places handy.

If you take too many soft capsules you may feel nauseous or have upset stomach, experience vomiting and gastric irritation, feel light headed, dizzy or drowsy. Excitability, convulsions and unconsciousness may be experienced in rare cases.

**WHILE YOU ARE TAKING PHARMACY HEALTH PARACETAMOL & IBUPROFEN SOFT GELS****Things you must do**

Take Pharmacy Health Paracetamol & Ibuprofen Soft Gels exactly as your pharmacist or doctor has told you to.

Tell all your doctors, dentists and pharmacists that you are taking Pharmacy Health Paracetamol & Ibuprofen Soft Gels.

Tell your doctor or pharmacist if you become pregnant while taking Pharmacy Health Paracetamol & Ibuprofen Soft Gels.

**Things you must NOT do**

Do not use this medicine to treat any other complaint unless your doctor or pharmacist says it is safe. Do not give this medicine to anyone else even if they have the same symptoms as you.

Adults: Do not take this medicine for longer than 3 days at a time unless advised to by a doctor.

Children and Adolescents 12 – 17 years: Do not take this medicine for longer than 2 days at a time, unless advised to by a doctor.

**Things to be careful of**

Pharmacy Health Paracetamol & Ibuprofen Soft Gels may cause dizziness or drowsiness in some people, especially after the first dose.

If affected do not drive a car, operate machinery or do anything else that could be dangerous if you are dizzy or drowsy. Children should not ride bikes if affected and should be supervised to avoid potential harm.

Avoid drinking alcohol. Drinking large quantities of alcohol while taking paracetamol may increase the risk of liver side effects.

**SIDE EFFECTS**

Tell your doctor or pharmacist as soon as possible if you do not feel well while taking Pharmacy Health Paracetamol & Ibuprofen Soft Gels.

Like other medicines, Pharmacy Health Paracetamol & Ibuprofen Soft Gels can cause some side effects. If they occur, they are most likely minor and temporary. However, sometimes they are serious and need medical treatment.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your pharmacist or doctor if you notice any of the following and they worry you:

- Nausea.
- Vomiting.
- Stomach pain,
- Diarrhoea,
- Heartburn or indigestion,
- Dizziness,
- Light-headedness,
- Drowsiness.

Be careful driving or operating machinery until you know how Pharmacy Health Paracetamol & Ibuprofen Soft Gels affect you.

The above list includes the more common side effects of your medicine. They are usually mild.

Tell your doctor as soon as possible if you notice any of the following:

- Skin rashes.
- Yellowing of the skin and eyes also called jaundice.
- Painful red areas with blisters and peeling layers of skin which may be accompanied by fever and/or chills.
- Flushing of the face,
- Fast heart-beat.

The above list includes serious side effects that may require medical attention. Serious side effects are rare for low doses of this medicine and when used for a short period of time.

If any of the following happen, stop taking Pharmacy Health Paracetamol & Ibuprofen Soft Gels and tell your pharmacist or doctor immediately or go to Accident and Emergency at your nearest hospital:

- Vomiting blood or material that looks like coffee grounds.
- Bleeding from the back passage, black sticky bowel motions (stools) or bloody diarrhoea.
- Swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing.
- Swelling of other parts of the body.
- Asthma, wheezing, shortness of breath, pain or tightness in the chest.
- Sudden or severe itching, skin rash, hives, skin peeling.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

If you believe Pharmacy Health Paracetamol & Ibuprofen Soft Gels are not working well for you, do not increase the dose. Please see your pharmacist or doctor.

Some people may get other side effects not listed above.

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

**AFTER TAKING PHARMACY HEALTH PARACETAMOL & IBUPROFEN SOFT GELS****Storage**

Keep your soft capsules in the blister pack until it is time to take them. If you take the soft capsules out of the box or the blister pack, they will not keep well.

Keep Pharmacy Health Paracetamol & Ibuprofen Soft Gels in a cool dry place where the temperature stays below 30°C.

Heat and dampness can destroy some medicines.

Do not leave Pharmacy Health Paracetamol & Ibuprofen Soft Gels in the car on hot days.

Do not store Pharmacy Health Paracetamol & Ibuprofen Soft Gels or any other medicine in the bathroom or near a sink.

Pharmacy Health Paracetamol & Ibuprofen Soft Gels and where young children cannot reach it. A locked cupboard at least one and a half metres above the ground is a good place to store medicines.

**Disposal**

If your pharmacist or doctor tells you to stop taking the soft capsules, ask your pharmacist what to do with any soft capsules that are left over.

This is not all the information that is available on Pharmacy Health Paracetamol & Ibuprofen Soft Gels. If you have any more questions or are not sure about anything, ask your doctor or pharmacist.

**PRODUCT DESCRIPTION**

Pharmacy Health Paracetamol & Ibuprofen Soft Gels are white-coloured, oblong-shaped, opaque soft gelatin capsules containing a white-coloured, oily mass.

It is available in packs of 12 and 24 soft capsules.

**Active ingredients:**

Each soft gel contains:  
Paracetamol 500 mg  
Ibuprofen 200 mg

Other ingredients:

- Fumaric acid
- Gelatin
- Macrogol 400
- Macrogol 4000
- Partially dehydrated liquid sorbitol
- Povidone
- Propylene glycol
- Purified water
- Titanium dioxide

May contain residue of sulfites.

**NAME AND ADDRESS OF THE SUPPLIER**

Pharmacy Health Paracetamol & Ibuprofen Soft Gels are supplied in Australia by:  
Pharmacy Health  
250 Camberwell Road  
Camberwell, VIC 3124.

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This leaflet was prepared in February 2019.