



PARAOSTEO 665 TABLETS

665 mg Paracetamol

Consumer Medicine Information

Please read this information before you start using this medicine.

What is in this leaflet

This leaflet answers some common questions about Pharmacy Health ParaOsteo 665 Tablets. 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 has weighed the risks of you taking this medicine against the benefits they expect it will have for you.

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.

What Pharmacy Health ParaOsteo 665 Tablets is used for

Pharmacy Health ParaOsteo 665 Tablets provides effective relief of persistent pain associated with osteoarthritis for up to 8 hours.

Paracetamol works to stop the pain messages from getting through to the brain.

Ask your pharmacist or doctor if you have any questions about this medicine.

Your pharmacist or doctor may have

recommended it for another reason.

There is not enough information to recommend the use of this medicine for children under the age of 12 years.

Before you use Pharmacy Health ParaOsteo 665 Tablets

Do not take more than the recommended dose as it may cause serious harm to your liver.

When you must not use it

Do not use Pharmacy Health ParaOsteo 665 Tablets if you have an allergy to:

- Any medicine containing paracetamol
- Any of the ingredients listed at the end of this leaflet

Some of 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
- add any other specific

reactions listed in the PI.

Do not take this medicine if you are taking other prescription or non-prescription medicines containing paracetamol to treat pain, fever, symptoms of cold and flu, or to aid sleep.

Always read and follow the label.

Do not use 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 using this medicine, talk to your pharmacist or doctor.

Before you start to use it

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

- Liver or kidney disease
- Are underweight or malnourished
- Regularly drink alcohol

You may need to avoid using this product altogether or limit the amount of paracetamol that you take.

- You have a severe infection, are severely malnourished or are a chronic heavy alcohol user as this may increase the risk of metabolic acidosis.

Signs of metabolic acidosis include:

- deep, rapid, difficult breathing
- feeling sick (nausea), being sick (vomiting)
- loss of appetite

Contact a doctor immediately if you get a combination of these symptoms.

Please see your doctor if your symptoms do not improve.

Keep out of sight and reach of children.

Ask your pharmacist or doctor about using paracetamol if you are pregnant or plan to become pregnant, or breastfeeding.

Paracetamol may be used during pregnancy and if you are breastfeeding but you should always consult your doctor first.

Consider taking the lowest effective dose for the shortest period of time.

If you have not told your pharmacist or doctor about any of the above, tell them before you use Pharmacy Health ParaOsteo 665 Tablets.

Using other medicines

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

Some medicines and paracetamol may interfere with each other. These include:

- Warfarin, a medicine used to prevent blood clots
- Metoclopramide, a medicine used to control nausea and vomiting
- Medicines used to treat epilepsy or fits
- Propranolol
- Certain medicines used to treat depression or to control pain
- Chloramphenicol, an

antibiotic used to treat ear and eye infections

- Alcohol
- Probenecid, a medicine used to treat gout or sometimes given with an antibiotic
- Cholestyramine, a medicine used to treat high cholesterol levels in the blood.

Your pharmacist and doctor will have more information on these and other medicines to be careful with or avoid while using this medicine.

How to use Pharmacy Health ParaOsteo 665 Tablets

Follow all directions given to you by your pharmacist or doctor carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box/bottle, ask your pharmacist or doctor for help.

Do not exceed the stated dose.

Use the smallest dose that you need to treat your symptoms and use the medicine for the shortest period of time necessary.

How much to use

Adults and children aged 12 years and over: Take 2 tablets three times a day, every six to eight hours as needed. Do not take more than 6 tablets in 24 hours.

Not recommended in children under 12 years.

How to use it

Swallow the tablets whole with water or other fluid.

Do not crush or chew the tablets. They can be taken with or without food.

Try to space the doses at equal intervals throughout the day.

How long to use it

Adults and children aged 12 years and over: Only take paracetamol for a few days at a time unless your doctor tells you to take it for longer.

If you use too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26 for Australia 0800 764 766 for New Zealand) 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 ParaOsteo 665 Tablets. Do this even if there are no signs of discomfort or poisoning because of the risk of liver failure. You may need urgent medical attention.

While you are using Pharmacy Health ParaOsteo 665 Tablets

Things you must do

Talk to your pharmacist or doctor if your symptoms do not improve.

Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine.

Things you must not do

Do not use for more than a few days at a time unless your doctor tells you to.

Do not take more than the recommended dose unless your doctor tells you to.

Do not use Pharmacy Health ParaOsteo 665 Tablets to treat any other complaints unless your pharmacist or doctor tells you to.

Do not give your medicine to anyone else, even if they have the

same condition as you.

Things to be careful of

Only drink small quantities of alcohol (beer, wine or spirits) while using Pharmacy Health ParaOsteo 665 Tablets.

Drinking large quantities of alcohol whilst taking Pharmacy Health ParaOsteo 665 Tablets may increase the risk of liver side effects.

Be careful driving or operating machinery until you know how Pharmacy Health ParaOsteo 665 Tablets affects you.

Side effects

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are using Pharmacy Health ParaOsteo 665 Tablets.

This medicine helps most people with osteoarthritis but it may have unwanted side effects. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

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

If any of the following happen, stop taking and tell your pharmacist or doctor immediately or go to Accident and Emergency at your nearest hospital.

- Shortness of breath
- Wheezing or difficulty breathing
- Swelling of the face, lips, tongue or other parts of the body
- Rash, peeling, itching or hives on the skin or mouth ulcers
- Unexplained bruising or bleeding

You may need urgent medical

attention or hospitalisation. These side effects are rare for low doses of this medicine and when used for a short period of time.

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

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

After using Pharmacy Health ParaOsteo 665 Tablets

Keep your medicine in the original pack until it is time to take it.

Keep your medicine in a cool dry place where the temperature stays below 30°C.

Do not store Pharmacy Health ParaOsteo 665 Tablets or any other medicine in the bathroom or near a sink. Do not leave it on a windowsill or in a car.

Heat and dampness can destroy some medicines.

Keep it where 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

Ask your pharmacist what to do with any medicine that is left over, or if the expiry date has passed.

Product Description

What it looks like

Pharmacy Health ParaOsteo 665 are white, to off-white, capsule-shaped, biconvex tablets, plain on both sides.

They come in blister packs or bottles of 96 tablets.

Ingredients

Pharmacy Health ParaOsteo 665 Tablets contain 665 mg of paracetamol as the active ingredient.

They also contain:

- Hypromellose
- Starch maize
- Povidone
- Croscarmellose sodium
- Magnesium stearate
- Titanium oxide
- Macrogol 400.

Contains no sugar, lactose or gluten.

Distributor

Pharmacy Health ParaOsteo 665 Tablets is supplied in Australia and New Zealand by:

Pharmacy Health
250 Camberwell Road
Camberwell, VIC 3124

For Medical enquiries:
1800 497 206

For General enquiries:
1300 363 303

The latest version of this Consumer Medicine Information is available at www.pharmacyhealth.com.au or from your pharmacist.

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