

Film-coated tablets Paracetamol 500mg Caffeine 25mg Phenylephrine Hydrochloride 5mg

Please read right through this leaflet before you start using the medicine. This medicine is available without prescription but, you still need to use Panadol Sinus Relief carefully to get the best results from it.

- · Keep this leaflet you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

In this leaflet:

- What Panadol Sinus Relief is and what it is used for
- What you need to know before you take Panadol Sinus Relief
- 3. How to take Panadol Sinus Relief
- 4. Possible side effects
- 5. How to store Panadol Sinus Relief
- 6. Contents of the pack and other information

What Panadol Sinus Relief is and what it is used for

Panadol Sinus Relief provide effective relief from the major cold and flu symptoms. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh, sore throat, fatigue and tiredness. This medicine contains three active incredients.

Paracetamol is a pain killer and reduces your temperature when you have a fever.
Phenylephrine hydrochloride unblocks your nose and sinuses helping you to breathe more easily. Caffeine is present as a mild stimulant which acts to further help the effectiveness of paracetamol.

2. What you need to know before you take Panadol Sinus Relief



Do not take Panadol Sinus Relief:

- if you have ever had an allergic reaction to paracetamol, phenylephrine hydrochloride, caffeine or any of the other ingredients (listed in Section 6).
- if you have severe kidney or severe liver problems, overactive thyroid, diabetes, phaeochromocytoma, enlarged prostate, glaucoma or are under the care of your doctor for high blood pressure or heart disease.
- if you are taking tricyclic antidepressants
 (e.g. imipramine or amitriptyline) or have
 taken monoamine oxidase inhibitors
 (MAOIs) prescribed for depression in the last
 two weeks.
- if you are taking beta-blockers or digoxin.
- if you are under 12 years.

Do not take with any other paracetamol-containing products. Do not take with any other flu, cold or decongestant product.



Talk to your doctor before you take this medicine:

- if you have liver or kidney disease, including alcoholic liver disease.
- if you have a blood vessel disease such as Raynaud's Phenomenon.



Other medicines and Panadol Sinus Relief

Talk to your doctor or pharmacist before taking these tablets if you are taking any other medicines; particularly **metoclopramide** or **domperidone** (for **nausea** or **vomiting**) or **colestyramine** (to **lower blood cholesterol**) or **appetite suppressants** or **stimulants** or **blood thinning drugs** (**anticoagulants** e.g. **warfarin**).



Important information about some of the ingredients:

- contains colour sunset yellow (E110) which may cause allergic reactions.
- contains caffeine. Avoid drinking too many caffeine containing drinks (e.g. tea, coffee and caffeine containing canned drinks) when taking this medicine.



Pregnancy and breastfeeding

Do not take Panadol Sinus Relief if you are **pregnant. Talk to your doctor** before taking this product if you are **breastfeeding**.

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Driving and using machinery

This medicine may cause dizziness. If affected do not drive or operate machinery.

3. How to take Panadol Sinus Relief



Adults and children aged 12 years and over:

Swallow 1-2 tablets every 4 hours as needed.

Do not take more than 8 tablets in 24 hours.



Do not give to children under 12 years.

Do not take more frequently than every 4 hours.

Do not exceed the stated dose. If your symptoms persist, see your doctor.

Do not take for longer than 3 days without asking your doctor.

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

4. Possible side effects

Like all medicines, Panadol Sinus Relief can cause side effects, but not everybody gets them. You may experience headache, dizziness, nervousness, difficulty sleeping, increased blood pressure, nausea and vomiting.

Stop taking this medicine and tell your doctor immediately if:

- you experience allergic reactions such as skin rash or itching, sometimes with breathing problems or swelling of the lips, tongue, throat or face.
- you experience a skin rash or peeling, or mouth ulcers.
- you have previously experienced breathing problems with aspirin or non-steroidal anti-inflammatories, and experience a similar reaction with this product.
- you experience unexplained bruising or bleeding.
- you experience loss of vision, which may be due to abnormally high blood pressure in the eye. This is very rare but is more likely to occur in those with glaucoma.
- you experience an unusually fast pulse rate, or a sensation of an unusually fast or irregular heartbeat.

you experience difficulty in passing water.
 This is more likely to occur in men with an enlarged prostate gland.

These reactions are rare.

If you do get any side effects, even those not mentioned in this leaflet, tell your doctor or pharmacist.

5. How to store Panadol Sinus Relief

Keep out of the sight and reach of children.

Do not use this medicine after the expiry date (EXP) which is stated on the outer carton and the blisters. The date refers to the last day of that month.

Do not store above 25°C. Store in the original container in order to protect from moisture.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Contents of the pack and other information

Panadol Sinus Relief tablets are orange film-coated tablet embossed with "B" on one side.

Active ingredients: Each tablet contains Paracetamol 500mg, Caffeine 25mg and Phenylephrine Hydrochloride 5mg.

Other ingredients: Pre-gelatinised starch, maize starch, povidone, sodium laurilsulfate, stearic acid, talc, microcrystalline cellulose, hypromellose, macrogol 400, potassium sorbate and colours: titanium dioxide (E171), sunset yellow (E110) and quinoline yellow (E104).

Packs of Panadol Sinus Relief contain 16 and 24 tablets.

The product authorisation holder is:

GlaxoSmithKline Consumer Healthcare Ireland Ltd., Stonemasons Way, Rathfarnham, Dublin 16 and all enquires should be sent to this address.

The manufacturer is:

GlaxoSmithKline Dungarvan Ltd., Knockbrack, Dungarvan, Co. Waterford, Ireland.

This leaflet was last revised in March 2013.

Panadol Sinus Relief is a registered trade mark of the GlaxoSmithKline group of companies.

PA 678/44/1

