For the professional information for Panado Plus scan the QR Code. The same information is available at: www.adcock.com/Products/ProductInfo

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS S2

PANADO® PLUS capsules
Ibuprofen 200 mg and Paracetamol 250 mg
Sugar free

Read all of this leaflet carefully before you start PANADO® PLUS
PANADO® PLUS is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use PANADO PLUS carefully to get the best results from it.
•Keep this leaflet. You may need to read it again.
•Do not share PANADO® PLUS with any other person.
•Ask your health care provider or pharmacist if you need more information or advice.
•You must see a doctor if your symptoms worsen or do not improve after 10 days.

What is in this leaflet:
1.What PANADO® PLUS is and what it is used for
2.What you need to know before you take PANADO® PLUS
3.How to take PANADO® PLUS
4.Possible side effects
5.How to store PANADO® PLUS
6.Contents of the pack and other information

1.What PANADO® PLUS is and what it is used for
The active ingredient ibuprofen belongs to a group of medicines called anti-inflammatory pain killers. The active ingredient paracetamol acts as an analgesic (painkiller) and as an antipyretic (reduces body temperature when fever is present).
PANADO® PLUS is used for the relief of headache from musculoskeletal origin, feverishness, muscular, menstrual and dental pain.

2.What you need to know before you take PANADO® PLUS
Do not take PANADO® PLUS:
•If you are hypersensitive (allergic) to paracetamol, ibuprofen or any of the other ingredients of PANADO® PLUS (listed in section 6), or.
•If you have problems with your liver function.
•If you have heart failure.
•If you have asthma or bronchospasm.
•If you have a stomach ulcer or a history of such ulceration, bleeding ulcers or damage to the stomach lining.
•If you have heart disease.
•If you have bleeding disorders.
•If you take medicines for thinning out the blood (oral anticoagulants).
•If you have kidney failure.
•If you are sensitive to aspirin or other NSAIDs.
•If you are pregnant, do not use NSAIDs at 30 weeks or later in your pregnancy because these medicines may cause problems in your unborn baby.

Warnings and precautions
PANADO® PLUS contains paracetamol which may be fatal in overdose. In the event of overdosage or suspected overdose even if you are not showing or experiencing any symptoms, the nearest doctor, hospital or Poison Centre must be contacted immediately. Prompt specialized treatment is essential as soon as possible.
•Be sure to take the correct dosage of PANADO® PLUS. Severe liver damage may occur if you take doses higher than those recommended.
•PANADO® PLUS should not be taken together with other paracetamol containing products.
•PANADO® PLUS should not be taken together with other ibuprofen or other non-steroidal anti-inflammatory (NSAID) containing products.
•If pain or fever persists or gets worse at the recommended dosage, if new symptoms occur or if redness and swelling is present, please consult your doctor as these could be signs of a more serious condition.
•Do not use continuously for more than 10 days without consulting your doctor.
•Caution is required in patients with a history of hypertension and/or heart failure as fluid retention and oedema have been reported in association with PANADO® PLUS therapy. In view of the PANADO® PLUS's inherent potential to cause fluid retention, heart failure may be precipitated in some compromised patients.
•Excessive and prolonged use of this medicine may be dangerous.
•Patients suffering from liver and kidney disease should take PANADO® PLUS under medical supervision.
• If you are suffering from hepatitis (disease of the liver) or alcoholism, or recovering from any form of liver disease, do not take excessive quantities of PANADO® PLUS.
• Use with caution if you have kidney disease, chronic malnutrition or dehydration or if you have not eaten in a few days.
•Serious skin reactions, some of them fatal, including exfoliative dermatitis, Stevens Johnson syndrome (SJS), and toxic epidermal necrolysis (TEN), have been reported in patients receiving paracetamol. If you experience any signs of serious skin reactions such as swelling, itching, red severe rash, stop using PANADO® PLUS immediately and contact your doctor.
•If you are elderly as there is an increased risk of sideeffects, especially bleeding which can be fatal.
•When gastrointestinal bleeding or ulceration occurs in patients receiving PANADO® PLUS, treatment with PANADO® PLUS should be stopped.
•If you have a history of gastrointestinal disease (e.g. ulcerative colitis, Crohn's disease, hiatus hernia, gastro oesophageal reflux disease, angiodysplasia) as the condition may be worsened.
•Should be used with caution in patients with infection since symptoms such as fever and inflammation may be masked.
•Tell your doctor or health care provider if you are pregnant or plan to become pregnant. Taking NSAIDs at around 20 weeks of pregnancy or later may harm your unborn baby. If you need to take NSAIDs for more than 2 days when you are between 20 and 30 weeks of your pregnancy, your healthcare provider may need to monitor the amount of fluid in your womb around your baby. You should not take NSAIDs around 30 weeks of pregnancy or later.

Other medicines and PANADO® PLUS
Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)
•If you are taking Warfarin or other blood thinning medicines (anticoagulants) PANADO® PLUS may increase the anticoagulant effect and there is an increased risk of bleeding if you take regular or high doses of paracetamol while on an oral anticoagulants.
•Corticosteroids, other antiinflammatories and aspirin are medicines known to influence the effect of ibuprofen and increase the risk of gastrointestinal bleeding and ulceration.
•The use of two or more NSAIDs concomitantly could result in an increase in side effects.
•Medicines for mania or depression (e.g. lithium) – increase the amount of lithium in the blood.
•Medicines to suppress the immune system (e.g.ciclosporin, tacrolimus) increases the risk of adverse kidney effects.
•Methotrexate: Increased plasma concentrations of methotrexate.
•Heart stimulants (e.g. glycosides) increase the amount of glycosides in the blood.
•Medicines to reduce high blood pressure (e.g. ACE-inhibitors, beta-blockers) and diuretics (to help you pass urine) may have a reduced anti-hypertensive effect and may increases the risk of adverse kidney effects.
•Medicines for malaria (quinolines) can cause seizures when used together.
•Medicines for seizures (e.g. phenytoin) – NSAIDs increase their effects.
•Medicine for diabetes (e.g. sulphonylurea) – NSAIDs may increase their effects.
•Moclobemide (medicine used for depression) – the effects of NSAIDs may increase when used together.
•Biphophonates (medicine used in osteoporosis) – the risk of gastrointestinal bleeding and ulceration of NSAIDs is increased.
•Taking PANADO® PLUS together with certain antiviral medicines such as Zidovudine can cause severe toxic damage to the liver.
•Mifepristone (for pregnancy termination) efficacy may be altered if used with NSAIDs or aspirin.
•Oxypentifylline: The risk of gastrointestinal bleeding and ulceration associated with NSAID's is increased when used with oxypentifylline.
•Antiplatelet medicines tand selective serotonin reuptake inhibitors (SSRIs): Increased risk of gastrointestinal bleeding.

Pregnancy, breastfeeding and fertility
The use of PANADO® PLUS during pregnancy and breastfeeding is not recommended.
Please consult your doctor, pharmacist or other healthcare professional before using this medicine.
If you are pregnant or breastfeeding, think you may be pregnant or planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking PANADO® PLUS.

Driving and using machines
PANADO® PLUS capsules lack significant sedative effects. However some people may suffer sedation. PANADO® PLUS may also cause blurred vision.
It is not always possible to predict to what extent PANADO® PLUS may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which PANADO® PLUS affects them.

3.How to take PANADO® PLUS
Always take PANADO® PLUS exactly as described in this leaflet or as your doctor or pharmacist or nurse have told you. Check with your doctor or pharmacist or nurse if you are not sure.
Always take PANADO® PLUS as recommended.
DO NOT EXCEED THE RECOMMENDED DOSE.
Not recommended for children under twelve years.

The usual dose is:
Adults and children over 12 years:
Two capsules every four hours, but not more than six capsules in twenty four hours. Capsules are to be taken with food or after meals with sufficient water. Maximum treatment period 10 days.
Consult your doctor if no relief is obtained with the recommended dosage.

If you take more PANADO® PLUS than you should
PANADO® PLUS contains paracetamol which may be fatal in overdose. In the event of overdosage or suspected overdose even if you may not be showing or experiencing any symptoms, the nearest doctor, hospital or Poison Centre must be contacted immediately. Prompt specialised treatment is essential as soon as possible.
The initial symptoms of a paracetamol overdose (within the first 24 hours) may include pallor (pale appearance), nausea, vomiting, anorexia (loss of appetite) and abdominal pain (stomach ache).
Even though these initial symptoms may appear mild, paracetamol overdosage is a serious condition, as liver damage may only become apparent 12 to 48 hours after the paracetamol overdose.
The symptoms reported for overdosage of ibuprofen in adults and children are epigastric pain, nausea, heartburn and abdominal discomfort.

If you forget to take PANADO® PLUS
Do not take a double dose to make up for forgotten individual doses.

4.Possible side effects
PANADO® PLUS can have side effects.
Not all side effects reported for PANADO® PLUS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking PANADO® PLUS, please consult your doctor, pharmacist or other health care provider for advice.
If any of the following happens, stop using PANADO® PLUS and tell your doctor immediately or go to the casualty department at your nearest hospital:
•Swelling of the eyelids, face, tongue, throat or lips.
•Difficulty in breathing.
•Decrease in blood pressure (hypotension).
•Serious skin reactions such as swelling, itching, red severe rash especially those covering your whole body (appearing as allergic wheals), stop using PANADO® PLUS immediately and contact your doctor.
These are all very serious side effects. If you have them, you may have had a serious allergic reaction to PANADO® PLUS. You may need urgent medical attention or hospitalisation.

Stop taking PANADO® PLUS and call your doctor at once if you experience any of the following:
•Severe headache, high temperature, stiffness of the neck or intolerance to light;
•nausea, upper stomach pain, itching, loss of appetite;
•dark urine, claycoloured stools;
•jaundice (yellowing of the skin or eyes);
•pass blood in your faeces (stools/motions);
•pass black tarry stools;
•vomit any blood or dark particles that look like coffee grounds;
•swelling of legs and ankles;

The following side effects have been reported, tell your doctor if you notice any of the following:
•If you have an increase in number of nose bleeds or unusual bleeding.
•If you bruise more easily.
•If you have more infections.
•Impairment of kidney function and kidney failure and fluid retention.
•Sudden decrease in the amount of urine.
•Unusual tiredness or weakness.
•Increase in blood pressure, heart failure.
•Pale complexion, abnormalities of liver function tests, liver failure and inflammation of the liver.
•Blurred vision, ringing in the ear, sleeping difficulty, depression, nervousness, aseptic meningitis (inflammation of the tissues that cover the brain and spinal cord).
•Gastrointestinal system disorders such as nausea, vomiting, diarrhoea, flatulence, constipation, dyspepsia (indigestion), abdominal pain, gastritis (inflammation of the lining of the stomach) and inflammation of the pancreas.
•Blood disorders like decrease in white blood cells, decrease in red blood cells and hypersensitivity reactions.
•Skin rashes and other hypersensitivity reactions. Stevens - Johnson syndrome (a rare, serious disorder of the skin and mucous membranes) has been reported.

Reporting of side effects
If you get side effects, talk to your doctor or pharmacist or nurse.This includes any possible side effects not listed in this leaflet. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publication: https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of PANADO® PLUS.

5.How to store PANADO® PLUS
Store all medicines out of reach of children.
Store at or below 25 ºC in a well closed container, protected from light.
Do not remove the blister from the carton until required for use.
Do not store in bathrooms.
Do not use this medicine after the expiry date stated on the label.
Return all unused medicine to your pharmacy.
Do not dispose of unused medicine in drains or sewerage systems e.g. toilets.

6.Contents of the pack and other information
What PANADO® PLUS contains
The active substances are ibuprofen and paracetamol.
Each PANADO® PLUS capsule contains: Ibuprofen 200 mg and Paracetamol 250 mg.
The other ingredients are: Pregelatinized starch, microcrystalline cellulose, sodium stearyl fumarate, gelatin and titanium dioxide.
PANADO® PLUS is sugar free.

What PANADO® PLUS looks like and contents of the pack
A hard gelatin capsule with opaque, white body and cap, containing a white, granular powder. 'PANADO® PLUS' is printed in red ink on the capsule.
Securitainers with 30 or 60 capsules; tracer packs with 20 or 60 capsules; blister pack with 20 or 100 capsules.

Holder of Certificate of Registration
Adcock Ingram Limited,
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Erand Gardens,
Midrand, 1685.
Customer Care: 0860 ADCOCK / 232625

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BOTSWANA REGISTRATION NUMBER:	
30's in HDPE	S3 BOT1502723
60's in HDPE	S3 BOT1502723A
20's in PP Tracer pack	S3 BOT1502723B
60's in PP Tracer pack	S3 BOT1502723C
100's in blister pack	S3 BOT1502723D

NAMIBIA REGISTRATION NUMBER:
NS1 12/2.8/0247

1224695 04/2022

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Vir die professionele inligting vir PANADO PLUS skandeer die QR-kode. Dieselfde inligting is beskikbaar by www.adcock.com/Products/ProductInfo

INLIGTINGSBILJET VIR PASIËNTE

SKEDULERINGSTATUS S2

PANADO® PLUS kapsules
200 mg ibuprofeen en 250 mg parasetamol
Suikervry

Lees die hele voubiljet noukeurig voordat u begin om PANADO® PLUS te gebruik.
PANADO® PLUS is beskikbaar sonder 'n doktersvoorskrif om 'n ligte toestand te behandel. Dit bly egter belangrik om PANADO® PLUS versigtig te gebruik vir die beste resultate.
•Bêre die biljet, dit kan nodig wees om dit weer te lees.
•Moenie PANADO® PLUS met enige ander persoon deel nie.
•Vra u verskaffer van gesondheidsorg of apteker indien u enige verdere vrae het of advies nodig het.
•Raadpleeg 'n dokter indien u simptome erger word of nie binne 10 dae verbeter nie.

Inligting in die voubiljet:
1.Wat PANADO® PLUS is en waarvoor dit gebruik word
2.Wat u moet weet voordat u PANADO® PLUS gebruik
3.Hoe om PANADO® PLUS te gebruik
4.Moontlike newe-effekte
5.Hoe om PANADO® PLUS te bêre
6.Inhoud van die pak en ander inligting

1.Wat PANADO® PLUS is en waarvoor dit gebruik word
Die aktiewe bestanddeel, ibuprofeen, behoort aan 'n groep middels bekend as anti-inflammatoriese pynwerende middels. Die aktiewe bestanddeel, parasetamol, verlig pyn (analgetikum) en is koorswerend (anti-piretikum). PANADO® PLUS word gebruik om hoofpyn te verlig indien dit veroorsaak word deur die spiere/skelet, koors te verlig, asook om spier-, menstruasie- en tandpyn te verlig.

2.Wat u moet weet voordat u PANADO® PLUS gebruik
Moenie PANADO® PLUS in die volgende gevalle gebruik nie:
•Indien u allergies (hipersensitief) is vir parasetamol, ibuprofeen of enige van die bestanddele in PANADO® PLUS (wat genoem word in deel 6), of,
•Indien u probleme het met lewerfunksie,
•In geval van hartversaking,
•In geval van asma of brongospasma,
•Indien u 'n maagseer het, of 'n geskiedenis het van maagsere, maagsere wat bloei of skade aan die voering van die maag,
•In geval van 'n harttoestand,
•Indien u enige bloedingstoestande het,
•Indien u medisyne gebruik om u bloed te verdun (mondelikse medisyne om bloed te verdun),
•In geval van nierversaking,
•Indien u sensitief is vir aspirien of ander NSAID-middels,
•Indien u swanger is (moenie NSAID-middels teen week 30 of later in swangerskap gebruik nie) aangesien die middels skadelik kan wees vir die ongebore baba.

Waarskuwings en voorsorgmaatreëls
PANADO® PLUS bevat parasetamol wat noodlottig kan wees indien 'n oordosis geneem word. In geval van 'n oordosis of vermoedelike oordosis, selfs as die persoon nie enige simptome het of toon nie, moet die naaste dokter, hospitaal of gifsentrum onmiddellik geraadpleeg word. Gespesialiseerde behandeling is so gou as moontlik noodsaaklik.
•Maak seker dat u die regte dosis PANADO® PLUS gebruik. Ernstige lewerskade kan voorkom indien u meer neem as die dosis wat aanbeveel word.
•Indien pyn of koors nie verbeter nie of erger word teen die dosis wat aanbeveel word, of indien nuwe simptome ontwikkel, of indien swelling of rooiheid voorkom, moet u die dokter raadpleeg omdat dit tekens kan wees van 'n ernstiger toestand.
•Moenie die kapsules vir meer as tien (10) dae gebruik sonder om die dokter te raadpleeg nie.
•Wees versigtig in geval van pasiënte met 'n geskiedenis van hipertensie (hoë bloeddruk) en/of hartversaking, aangesien opbou van vloeistowwe en edeem aangemeld is na behandeling met PANADO® PLUS. Weens die inherente moontlikheid dat PANADO® PLUS vloeistofretensie kan veroorsaak, kan dit die voorsimptome van hartversaking wees by sekere pasiënte wat meer blootgestel is.
•Oormatige en langdurige gebruik van die medisyne kan skadelik wees.
•Pasiënte wat aan 'n lewer- of niertoestand ly, moet PANADO® PLUS onder mediese toesig gebruik.
•Ernstige velreaksies, waarvan sommige noodlottig kan wees, soos afskilferende dermatitis, Stevens-Johnson-sindroom (SJS) en toksiese epidermale nekrolise (TEN), is aangemeld by pasiënte wat parasetamol gebruik. Hou onmiddellik op om PANADO® PLUS te gebruik indien u enige tekens toon van ernstige veltoestande soos swelling, rooi erge uitslag of jeuk en raadpleeg u dokter.
•Indien die pasiënt bejaard is, is die gevaar van newe-effekte groter, veral in geval van bloeding, wat noodlottig kan wees.
•Behandeling met PANADO® PLUS moet gestaak word indien gastro-intestinale bloeding ontstaan of indien 'n maagseer ontwikkel.
•Indien u 'n geskiedenis het van 'n gastro-intestinale toestand (soos ulseratiewe kolitis, Crohn-siekte, hiatus-breuk, gastro-esofageale refluks, angiodisplasie), kan die toestand vererger indien u die kapsules gebruik.
•Die middel moet omsigtig gebruik word indien 'n pasiënt infeksie het, aangesien dit simptome soos koors en inflammasie kan onderdruk sonder om dit te behandel.
•Sê vir u dokter of verskaffer van gesondheidsorg as u swanger is of beplan om swanger te raak. Gebruik van NSAID-middels teen ongeveer week 20 van swangerskap of later kan skadelik wees vir die ongebore baba. Indien u vir meer as twee (2) dae NSAID-middels moet gebruik en indien u tussen 20 en 30 weke swanger is, is dit waarskynlik nodig dat u verskaffer van gesondheidsorg die hoeveelheid vloeistof in die baarmoeder om die baba moet monitor. NSAID-middels behoort nie teen ongeveer 30 weke of later van swangerskap gebruik te word nie.

Ander medisyne en PANADO® PLUS
Onthou om altyd vir u professionele verskaffer van gesondheidsorg te sê indien u enige ander medisyne gebruik. (Dit sluit aanvullende of tradisionele medisyne in).
•Indien u middels gebruik om bloed te verdun, soos warfarien (anti-stolmiddels), kan PANADO® PLUS die verdunningseffek vergroot en daar is 'n groter gevaar van bloeding indien u gereeld of hoë dosisse parasetamol gebruik terwyl u mondelikse middels gebruik om bloed te verdun.
•Kortikosteroïed, ander anti-inflammatoriese middels en aspirien is bekend daarvoor om die uitwerking van ibuprofeen te beïnvloed en die gevaar van gastro-intestinale bloeding en maagsere te vergroot.
•Die gesamentlike gebruik van twee of meer NSAID-middels kan lei tot meer newe-effekte.
•Medisyne wat voorgeskryf word vir manie of depressie (soos litium), kan die hoeveelheid litium in die bloed verhoog.
•Medisyne wat gebruik word om die immuunstelsel te onderdruk (soos siklosporien, takrolimus) kan die gevaar van 'n negatiewe invloed op die niere vergroot.
•Metotreksaat, kan lei tot hoër plasmakonsentrasies metotreksaat
•Hartstimulante (soos glikosied) kan die hoeveelheid glikosied in die bloed verhoog.
•Medisyne wat gebruik word om hoë bloeddruk te verlaag (soos ACE-inhibeerders, beta-blokkeerders) en diuretika (wat help om te urineer), kan lei tot laer doeltreffendheid van die bloeddrukmedisyne en dit kan die gevaar van 'n negatiewe invloed op die niere vergroot.
•Gesamentlike gebruik met medisyne wat vir malaria voorgeskryf word (kinolien), kan lei tot stuiptrekkings.
•Gesamentlike gebruik van NSAID-middels en medisyne wat vir stuiptrekkings voorgeskryf word (soos fenitoïen) kan die uitwerking daarvan vergroot.
•Gesamentlike gebruik van NSAID-middels en medisyne wat vir diabetes voorgeskryf word (soos sulfonielurea) kan die uitwerking daarvan vergroot.
•Gesamentlike gebruik van NSAID-middels en moklobemied (medisyne wat voorgeskryf word vir depressie) kan die uitwerking van NSAID-middels vergroot.
•Gesamentlike gebruik van NSAID-middels en bifosfonaat (medisyne wat voorgeskryf word vir osteoporose) kan die gevaar van gastro-intestinale bloeding en maagsere vergroot.
•Gebruik van PANADO® PLUS saam met sekere anti-virusmiddels soos sidovudien kan ernstige toksiese skade aan die lewer veroorsaak.
•Die doeltreffendheid van mifepristoon (om swangerskap te beëindig) kan verander word deur gesamentlike gebruik met NSAID-middels of aspirien
•Gesamentlike gebruik van oksipentifillien en NSAID-middels kan die gevaar van gastro-intestinale bloeding en maagsere wat verband hou met NSAID-middels vergroot.
•Gesamentlike gebruik met anti-plaatjiemiddels en selektiewe inhibeerders van serotonienheropname (SSRI) vergroot die gevaar van gastro-intestinale bloeding.

Swangerskap, borsvoeding en vrugbaarheid
Gebruik van PANADO® PLUS gedurende swangerskap en borsvoeding word nie aanbeveel nie.
Raadpleeg u dokter, apteker of ander professionele verskaffer van gesondheidsorg voordat u die medisyne gebruik.
Indien u swanger is of u baba borsvoed, of dink dat u swanger is of beplan om swanger te raak, moet u met u dokter, apteker of ander professionele verskaffer van gesondheidsorg praat en advies kry voordat u PANADO® PLUS gebruik.

Bestuur en gebruik van masjinerie
PANADO® PLUS (kapsules) het geen noemenswaardige sussende uitwerking nie. Sekere mense kan egter 'n sussende uitwerking ervaar. PANADO® PLUS kan ook versteurde visie veroorsaak.
Dit is nie altyd moontlik om te voorspel tot watter mate PANADO® PLUS die daaglikse aktiwiteite van 'n pasiënt kan beïnvloed nie. Pasiënte moet seker maak dat hulle nie deelneem aan bogenoemde aktiwiteite tensy hulle seker is hoe PANADO® PLUS hulle vermoëns beïnvloed nie.

3.Hoe om PANADO® PLUS te gebruik
Gebruik PANADO® PLUS in alle gevalle presies soos dit beskryf word in die biljet, of soos die dokter, apteker of verpleër aangedui het. Vra die dokter, apteker of verpleër as u nie seker is nie.
Gebruik PANADO® PLUS in alle gevalle presies soos dit voorgeskryf is.
MOENIE MEER GEBRUIK AS DIE DOSIS WAT AANBEVEEL WORD NIE.
Die middel word nie aanbeveel vir kinders jonger as twaalf (12) jaar nie.

Die gewone dosis is:
Volwassenes en kinders ouer as twaalf (12) jaar:
Twee (2) kapsules elke vier uur, maar nie meer as ses (6) kapsules in 24 uur nie. Kapsules moet saam met kos of na 'n maaltyd geneem word met genoeg water. Die maksimum-behandelingstydperk is 10 dae.
Raadpleeg die dokter indien u geen verligting ervaar met die dosis wat aanbeveel word nie.

Indien u meer PANADO® PLUS wat u moet (oordosis)
PANADO® PLUS (kapsules) bevat parasetamol wat noodlottig kan wees indien 'n oordosis geneem word. In geval van 'n oordosis of vermoedelike oordosis, selfs as die persoon nie enige simptome het of toon nie, moet die naaste dokter, hospitaal of gifsentrum onmiddellik geraadpleeg word. Gespesialiseerde behandeling is so gou as moontlik noodsaaklik.
Die aanvanklike simptome van 'n oordosis parasetamol (binne die eerste 24 uur) sluit die volgende in: bleekheid, naarheid, braking, anoreksie (verlies van eetlus) en maagpyn.
Hoewel die aanvanklike simptome nie so ernstig lyk nie, is 'n oordosis parasetamol uiters gevaarlik, omdat lewerskade eers 12 tot 48 uur na die oordosis parasetamol waargeneem kan word.
Die simptome wat aangemeld is vir 'n oordosis ibuprofeen by volwassenes en kinders is maagpyn, naarheid, sooibrand en ongemak in die buik.

Indien u vergeet om PANADO® PLUS te neem
Moenie dubbel soveel gebruik om op te maak vir die oorgeslane dosis nie.

4.Moontlike newe-effekte
PANADO® PLUS kan newe-effekte veroorsaak.
Alle moontlike newe-effekte wat aangemeld is vir PANADO® PLUS word nie in die voubiljet genoem nie. Indien u algehele gesondheid versleg, of indien u enige ongewenste newe-effekte ervaar terwyl u PANADO® PLUS gebruik, moet u asseblief u verskaffer van gesondheidsorg raadpleeg vir advies.
Indien enige van die volgende gebeur, moet u ophou om PANADO® PLUS te gebruik en u dokter onmiddellik inlig, of u moet by die ongevalle-afdeling van u naaste hospitaal behandel word:
•Opgeswelde ooglede, gesig, tong, keel of lippe.
•Moeilike asemhaling.
•Afname in bloeddruk (hipotensie).
•Ernstige velreaksies soos, swelling, jeuk, rooi erge uitslag (veral as dit oor die hele lyf voorkom as allergiese bulte).
Indien die simptome voorkom moet u onmiddellik ophou om PANADO® PLUS te gebruik en u dokter skakel.

Dit is alles baie ernstige newe-effekte. Indien u enige van die simptome het, het u 'n ernstige allergiese reaksie na gebruik van PANADO® PLUS. Dit is moontlik dat u ernstige mediese behandeling of opname in die hospitaal nodig het.
Hou op om PANADO® PLUS te gebruik en laat weet u dokter onmiddellik indien u enige van die volgende waarneem:
•ernstige hoofpyn, hoë koors, stywe nek of onverdraagsaamheid vir lig;
•naarheid, pyn aan die bokant van die maag, jeuk, verlies van eetlus;
•donker urine, kleikleurige stoelgange;
•geelsug (geel oë of vel);
•bloed in stoelgange;
•donker teeragtige stoelgange;
•opbring van bloed of donker korrels wat lyk soos gemaalde koffie;
•opgeswelde bene of enkels.

Die volgende newe-effekte is waargeneem. Raadpleeg die dokter indien u enige van die volgende waarneem:
•Indien u neus meer kere bloei of enige ongewone bloeding.
•Indien u vel makliker kneus.
•Indien u meer infeksies kry.
•Verswakte nierfunksie, nierversaking en vloeistofretensie.
•Skielike toename in hoeveelheid urine.
•Ongewone moegheid of swakheid.
•Toename in bloeddruk, hartversaking.
•Bleekheid, abnormale resultate vir lewerfunksietoetse, lewerversaking en inflammasie van die lewer.
•Versteurde visie, gesuis in ore, probleme om te slaap, depressie, senuweeagtigheid, aseptiese meningitis (inflammasie van die weefsel wat die brein en rugmurg beskerm).
•Toestande van die gastro-intestinale stelsel soos naarheid, braking, diarree, winderigheid, hardlywigheid, slegte spysvertering, maagpyn, gastritis (inflammasie van die voering van die maag) en inflammasie van die pankreas.
•Bloedtoestande soos 'n afname in witbloedselle, afname in rooibloedselle en hipersensitiewe reaksies.
•Veluitslag en ander hipersensitiewe reaksies, StevensJohnson-sindroom ('n seldsame, ernstige toestand van die vel en slymvliese) (is aangemeld).

Aanmeld van newe-effekte:
Indien u newe-effekte ervaar, moet u met u dokter, apteker of verpleër praat. Dit sluit enige moontlike newe-effekte wat nie in die voubiljet genoem word nie in. Newe-effekte kan ook aangemeld word by SAHPRA met die volgende vorm: "6.04 Vorm vir die aanmeld van negatiewe reaksies op medisynemiddels (Adverse Drug Reaction Reporting Form)". Dit is beskikbaar onder SAHPRA se lys van publikasies by https://www.sahpra.org.za/Publications/Index/8.
Wanneer u newe-effekte aanmeld, help u om meer inligting te verskaf oor die veiligheid van PANADO® PLUS

5.Hoe om PANADO® PLUS te bêre
Bêre alle medisynemiddels buite bereik van kinders.
Bêre teen of benede 25 °C in 'n houer wat dig toe is en beskerm teen lig.
Moenie die stulpverpakking uit die kartonhouer haal voordat die kapsules gebruik moet word nie.
Moenie die middel in die badkamer bêre nie.
Moenie die middel na die vervaldatum op die etiket gebruik nie.
Neem alle medisyne wat nie gebruik word nie terug na die apteker. Medisyne moet nie in die huishoudelike riool (soos toilette) of waterafvoer weggegooi word nie.

6.Inhoud van die pak en ander inligting
Wat PANADO® PLUS bevat
Die aktiewe bestanddele is ibuprofeen en parasetamol.
Elke PANADO® PLUS-kapsule bevat 200 mg ibuprofeen en 250 mg parasetamol.
Die ander bestanddele is: stysel wat vooraf gegelatineer is, mikrokristalliensellulose, natriumstearielfumaraat, gelatien en titaniumdioksied.
PANADO® PLUS bevat nie suiker nie.

Hoe PANADO® PLUS lyk en inhoud van die pak
'n Harde gelatienkapsule met ondeursigtige wit onder- en bokant, wat 'n wit korrelrige poeier bevat. 'PANADO® PLUS' is in rooi gedruk op die kapsule.
Veiligheidshouers met 30 of 60 kapsules; spoorderpakke met 20 of 60 kapsules; stulpverpakking met 20 of 100 kapsules.

Houer van registrasiesertifikaat
Adcock Ingram Limited,
1 New Road,
Erand Gardens,
Midrand, 1685.
Kliëntediens: 0860 ADCOCK / 232625

Laaste hersiening van die voubiljet
17 September 2021

Registrasienommer
35/2.8/0070

BOTSWANA - REGISTRASIENOMMER:	
30s in HDPE	S3 BOT1502723
60s in HDPE	S3 BOT1502723A
20s in PP (Spoorderpak)	S3 BOT1502723B
60s in PP (Spoorderpak)	S3 BOT1502723C
100s in stulpverpakking	S3 BOT1502723D

NAMIBIË - REGISTRASIENOMMER:
NS1 12/2.8/0247

1224695 04/2022

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