SCHEDULING STATUS: S0

PANADO CAPSULES, 500 mg capsules

Paracetamol

Sugar free

Read all of this leaflet carefully because it contains important information for you

PANADO CAPSULES is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use PANADO CAPSULES carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share PANADO CAPSULES with any other person.
- Ask your healthcare 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 CAPSULES is and what it is used for
2. What you need to know before you take PANADO CAPSULES
3. How to take PANADO CAPSULES
4. Possible side effects
5. How to store PANADO CAPSULES
6. Contents of the pack and other information

1. What PANADO CAPSULES is and what it is used for

This medicine contain paracetamol, which belongs to a group of medicines called analgesics and antipyretics that relieve mild to moderate pain and/or fever.

PANADO CAPSULES is therefore used for the relief of mild to moderate pain and fever (such as headaches, toothache and pain associated with cold and flu).

2. What you need to know before you take PANADO CAPSULES

Do not take PANADO CAPSULES if:

- you are hypersensitive (allergic) to paracetamol or any of the other ingredients of PANADO CAPSULES (listed in section 6).
- you have serious problems with liver function.

Warnings and precautions

Take special care with PANADO CAPSULES:

PANADO CAPSULES contain paracetamol which may be fatal in overdose. In the event of overdosage or suspected overdose even if the person may not be showing or experiencing any symptoms, the nearest doctor, hospital or Poison Centre must be contacted immediately.

- Do not take continuously for more than 10 days without consulting the doctor.
- Excessive and prolonged use of this medicine may be dangerous.
- Be sure to take the correct dosage of PANADO CAPSULES. Severe liver damage may occur if you take higher doses than those recommended.
- If no pain relief is achieved or if the fever persists with the recommended doses, please consult your doctor.
- PANADO CAPSULES should not be taken together with other paracetamol containing products.
- If you suffer from liver or kidney disease, a doctor must monitor your condition while you are taking this medicine.
- 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 CAPSULES.
- Use with caution if you suffer from glucose-6-phosphate dehydrogenase deficiency (enzyme deficiency) or haemolytic anaemia (abnormal breakdown of red blood cells).
- Use with caution if you have kidney disease, chronic malnutrition or dehydration or if you have not eaten in a few days.
- Consult your doctor if your headache becomes persistent after stopping PANADO CAPSULES that you have been taking for a long time, and not in the way your doctor told you.
- Use with caution if you are an asthmatic and sensitive to aspirin (acetylsalicylic acid).
- Serious skin reactions such as toxic epidermal necrolysis (TEN), Stevens-Johnson syndrome (SJS), acute generalised exanthematous pustulosis (AGEP), drug reaction with eosinophilia and systemic symptoms (DRESS)/ drug-induced hypersensitivity syndrome (DIHS) and fixed drug eruptions (FDE) have been reported in patients receiving paracetamol. If you experience any signs of serious skin reactions such as swelling, itching, red severe rash, stop taking PANADO CAPSULES immediately and contact your doctor (see section 4).

Other important information

Do not drink alcohol (e.g., wine, beer, spirits) whilst taking this medicine.

Do not use PANADO CAPSULES unless prescribed by your doctor if you have an addiction to alcohol or liver damage. If this applies to you, you must not take these capsules with alcohol. If you are already taking other pain medication containing paracetamol, do not take PANADO CAPSULES without first speaking to your doctor or a pharmacist.

Children and adolescents

PARACETAMOL CAPSULES must not be given to children under 9 years of age.

Other medicines and PANADO CAPSULES

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

- The risk of side effects with paracetamol (i.e., PANADO CAPSULES) may be increased in patients taking other medicines that may be harmful to the liver or medicines that can influence the functioning of the liver.
- Medicines used to treat depression (e.g., tricyclic antidepressants and St. John's wort) may increase liver toxicity.
- Other medicines which contain paracetamol such as other painkillers, cough and cold remedies.
- Medicines for nausea or vomiting: Metoclopramide or domperidone may increase the absorption of paracetamol.
- Medicine to lower blood cholesterol: Cholestyramine reduces the absorption of paracetamol.
- Medicine to treat fever or mild pain (e.g., aspirin, salicylamide): Prolonged concurrent use of PANADO CAPSULES with these medicines may increase the risk of adverse kidney effects.
- Medicines to thin the blood: If you are taking warfarin or other blood thinning medicines (anticoagulants) PANADO CAPSULES 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 anticoagulant.
- Medicines to treat tuberculosis: The use of PANADO CAPSULES and certain antibacterials used for the treatment of tuberculosis (a disease affecting the lungs) such as rifampicin or isoniazid can cause toxic damage to the liver.
- Medicines used to treat epilepsy: Antiepileptic medicines such as carbamazepine, fosphenytoin, phenytoin, phenobarbital, or primidone may increase liver toxicity.
- Medicines used to treat epilepsy and oral contraceptives, also known as 'the pill': The use of these medicines with paracetamol (i.e., PANADO CAPSULES), may reduce the effectiveness of PANADO CAPSULES.
- Medicine used to treat high levels of uric acid in the blood stream i.e., gout: Probenecid may affect the excretion of paracetamol and plasma (blood) concentrations may be altered when taken together.
- Chloramphenicol, an antibiotic used to treat bacterial infections: The use of chloramphenicol with paracetamol (i.e., PANADO CAPSULES) may extend the duration of action of chloramphenicol.
- Medicine used to treat Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome: Prolonged concurrent use of PANADO CAPSULES and zidovudine can cause neutropenia (low white blood cell count).
- Taking PANADO CAPSULES together with certain antiviral medicines such as zidovudine and co-

trimoxazole, can cause severe toxic damage to the liver.

- Medicine use to treat hepatitis B and C: The antiviral effect of interferon alfa may be increased if taken with PANADO CAPSULES.
- Lamotrigine, a medicine used to treat epilepsy: The use of PANADO CAPSULES together with lamotrigine may reduce the effectiveness of lamotrigine.
- Flucloxacillin (an antibiotic) taken together with PANADO CAPSULES may result in a serious higher-than-normal level of acid in your blood, especially if you have risk factors such as kidney impairment, sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), malnutrition, chronic alcoholism, and if the maximum daily doses of paracetamol are used.

If you are going to have any laboratory tests (such as a blood test, urine analysis, skin allergy test, etc.), you should tell your doctor that you are taking PANADO CAPSULES as it could affect the results of these tests.

PANADO CAPSULES with food, drink and alcohol

There is no significant effect on absorption of PANADO CAPSULES when taken with meal.
You should not drink alcohol whilst taking these PANADO CAPSULES. Taking paracetamol with alcohol can increase your chances of getting side effects.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

Safety and efficacy in pregnancy and breastfeeding have not been established.
No data on fertility is available.

Driving and using machines

PANADO CAPSULES has no or negligible influence on the ability to drive and use machines.
It is not always possible to predict to what extent PANADO CAPSULES may interfere with your daily activities. You should ensure that you do not engage in driving or operating machinery until you are aware of the measure to which PANADO CAPSULES affects you.

3. How to take PANADO CAPSULES

Do not take more than the recommended dose.

Do not share medicines prescribed for you with any other person.
Always take PANADO CAPSULES exactly as described in this leaflet or as your doctor, pharmacist or nurse have told you. Check with your doctor, pharmacist or nurse if you are not sure.
The usual dose is as follows:

Adults: One or two (500 mg to 1 000 mg) capsules repeated every 3 to 4 hours if necessary.
Do not take more than 4 doses in any 24-hour period.
Use in children aged 9 to 12 years:
One capsule (500 mg) repeated every 3 to 4 hours if necessary.
Do not take more than 4 doses (8 capsules) in any 24-hour period.
Children under 9 years:
PANADO CAPSULES should not be given to children under 9 years of age.

PANADO CAPSULES should be taken orally.
Swallow the capsule with a glass of water.

Do not take PANADO CAPSULES for more than 10 days without consulting a doctor. If the pain persists or the fever lasts for more than 3 days or gets worse or other symptoms appear, you should stop the treatment and consult a doctor.

If you take more PANADO CAPSULES than you should

PANADO CAPSULES contain paracetamol which may be fatal in overdose. In the event of overdosage or suspected overdose and notwithstanding the fact that the person may be asymptomatic, the nearest doctor, hospital or poison centre must be contacted immediately. Prompt specialised treatment is essential as soon as possible.

The initial symptoms of paracetamol overdose (within the first 24 hours) may include pallor (pale appearance), nausea (feeling sick), vomiting (being sick), anorexia (loss of appetite) and abdominal pain.

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.

Abnormalities of glucose metabolism and metabolic acidosis may occur.
Cardiac dysrhythmias have been reported.

If you forget to take PANADO CAPSULES
If you forget to take a dose, take another as soon as you remember, unless it is almost time for your next dose. Remember to leave at least four hours between doses. Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects
PANADO CAPSULES can have side effects.

Not all side effects reported for PANADO CAPSULES are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking PANADO CAPSULES, please consult your healthcare provider for advice.

If any of the following happens, stop taking PANADO CAPSULES and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, eyelids, face, tongue or lips;
- difficulty in breathing
- decrease in blood pressure (hypotension);
- hives or welts (urticaria)
- shortness of breath (dyspnoea)
- severe dizziness
- mouth ulcers, cold sores and ulcers or soreness of your tongue;
- skin lumps or hives (raised, red or white, itchy patches of skin);
- blisters on your skin or inside your mouth, nose, vagina or bottom;
- the appearance of a rash or sunburn when you have been outside (even on a cloudy day);
- Serious skin reactions such as swelling, itching, red severe rash especially those covering your whole body (appearing as allergic wheals), (see section 2).

These are all very serious side effects. If you have them, you may have had a serious reaction to PANADO CAPSULES. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- nausea, vomiting, diarrhoea, upper stomach pain, stomach or intestinal bleeding, itching, loss of appetite
- tightness in your chest, shortness of breath (bronchospasm);
- dark urine, clay-coloured stools; or
- jaundice (yellowing of the skin or eyes)

Tell your doctor if you notice any of the following:

Less frequent side effects

- if you have an increase in number of nose bleeds or unusual bleeding
- bleeding problems or clotting disorders, decreased formation of cells, severe decrease in white blood cells which may lead to severe infections, frequent infections due to poorly functioning white blood cells or decrease in white blood cells, reduction in blood platelets, which increases the risk of bleeding or bruising abnormal breakdown of red blood cells, which may cause weakness or pale skin, decrease in blood count, reduced neutrophil count in blood;

- decrease in red blood cells;
- allergies (excluding swelling on the face, mouth, hands);
- low levels of glucose in the blood;
- depression, confusion, sensing unreal things;
- tremor, headache;
- abnormal vision;
- abnormal liver function, liver failure, death of liver cells, liver damage;
- abnormal accumulation of fluid under the skin;
- cloudy urine and kidney disorders;
- sudden decrease in the amount of urine;
- blood in urine;
- inability to urinate;
- dizziness, feeling of general discomfort or uneasiness, fever, drowsiness, medicine interaction;
- overdose and poisoning.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of PANADO CAPSULES.

5. How to store PANADO CAPSULES

Store all medicines out of reach of children.

Store in a well-closed container protected from light.

Store at or below 25 °C.

Exposure to air should be kept to a minimum.

Do not store in a bathroom.

Do not take after the expiry date stated on the label.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What PANADO CAPSULES contains

- The active substance is paracetamol 500 mg per capsule
- The other ingredients are maize starch, potassium sorbate (0,12 % *m/m*), magnesium stearate and

colloidal silica.

- Capsule components: Gelatin, sodium lauryl sulphate and titanium dioxide.

What PANADO CAPSULES looks like and contents of the pack

A hard gelatin capsule, size No. 0, opaque white body and cap, with "Panado 500" printed in red on cap and body.

Blister packs of 20 sealed capsules.

Holder of Certificate of Registration

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PANADO CAPSULES, 500 mg kapsules

Parasetamol

Suikervry

Lees hierdie hele biljet sorgvuldig deur, aangesien dit belangrike inligting bevat vir u

PANADO CAPSULES is beskikbaar sonder 'n doktersvoorskrif, sodat u 'n minder ernstige siekte kan behandel. Nietemin moet u PANADO CAPSULES versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie biljet. U mag dit dalk weer moet lees
- Moenie PANADO CAPSULES met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- U moet 'n dokter spreek indien u simptome vererger of nie verbeter na 10 dae nie.

Wat is in hierdie biljet

1. Wat PANADO CAPSULES is en waarvoor dit gebruik word
2. Wat u moet weet voordat u PANADO CAPSULES neem
3. Hoe om PANADO CAPSULES te neem
4. Moontlike newe-effekte
5. Hoe om PANADO CAPSULES te bêre
6. Inhoud van die verpakking en ander inligting

1. Wat PANADO CAPSULES is en waarvoor dit gebruik word

Hierdie medisyne bevat parasetamol, wat behoort tot 'n groep medisyne genaamd pynstillers en koorsonderdrukkers, wat ligte tot matige pyn en/of koors verlig.

PANADO CAPSULES word dus gebruik vir die verligting van ligte tot matige pyn en koors (soos hoofpyn, tandpyn en pyn wat met verkoue en griep geassosieer word).

2. Wat u moet weet voordat u PANADO CAPSULES neem

Moenie PANADO CAPSULES neem indien:

- u hipersensitief (allergies) is vir parasetamol, of enige van die ander bestanddele van PANADO CAPSULES (gelys in afdeling 6).
- u ernstige probleme met lewerfunksie het.

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met PANADO CAPSULES:

PANADO CAPSULES bevat parasetamol wat dodelik kan wees met oordosis. In die geval van oordosering of vermoedelike oordosis, selfs al toon of ervaar die persoon dalk geen simptome nie, moet die naaste dokter, hospitaal of gifhulpsentrum onmiddellik gekontak word.

- Moenie vir langer as 10 dae aaneenlopend neem sonder om die dokter te raadpleeg nie.
- Oormatige en langdurige gebruik van hierdie medisyne kan gevaarlik wees.
- Maak seker u neem die korrekte dosis PANADO CAPSULES. Ernstige lewerskade kan voorkom indien u hoër dosisse neem as wat aanbeveel word.
- Indien geen pynverligting verkry word nie of indien die koors voortduur met die aanbevole dosisse, raadpleeg asseblief u dokter.
- PANADO CAPSULES moet nie saam met ander parasetamol-bevattende produkte geneem word nie.
- Indien u aan lewer- of niersiekte ly, moet 'n dokter u toestand monitor terwyl u hierdie medisyne neem.
- Indien u ly aan hepatitis (lewersiekte) of alkoholisme, of herstel van enige vorm van lewersiekte, moenie oormatige hoeveelhede PANADO CAPSULES neem nie.
- Gebruik versigtig indien u ly aan glukose-6-fosfaatdehidrogenase tekort (ensiemtekort) of hemolitiese anemie (abnormale afbraak van rooibloedselle).
- Gebruik versigtig indien u aan niersiekte, chroniese wanvoeding of dehidrasie ly, of indien u al 'n paar dae nie geëet het nie.
- Raadpleeg u dokter indien u hoofpyn aanhou nadat u PANADO CAPSULES gestaak het, wat u al lank neem, en nie op die manier wat u dokter vir u gesê het nie.
- Gebruik versigtig indien u 'n asma-lyer is en sensitief is vir aspirien (asetielsalisielsuur).
- Ernstige velreaksies soos toksiese epidermale nekrolise (TEN), Stevens-Johnson se sindroom (SJS), akute algemene eksantemateuse pustulose (AAEP), geneesmiddelreaksie met eosinofilie en sistemiese simptome (GRESS)/ geneesmiddel-geïnduseerde hipersensitiwiteitsindroom (GIHS) en area-spesifieke geneesmiddel-uitslag (FDE) is aangemeld by pasiënte wat parasetamol ontvang. Indien u enige tekens van ernstige velreaksies soos swelling, jeukerigheid, rooi ernstige uitslag ervaar, staak onmiddellik PANADO CAPSULES en kontak u dokter (sien afdeling 4).

Ander belangrike inligting

Moenie alkohol (bv. wyn, bier, sterk drank) drink terwyl u hierdie medisyne neem nie.

Moenie PANADO CAPSULES gebruik tensy dit deur u dokter voorgeskryf word indien u 'n alkohol-verslaafde is, of lewerskade het nie. Indien dit op u van toepassing is, mag u nie hierdie kaspules saam met alkohol neem nie. Indien u reeds ander pynmedikasie gebruik wat parasetamol bevat, moenie PANADO CAPSULES neem sonder om eers u dokter of apteker te raadpleeg nie.

Kinders en adolessente

PANADO CAPSULES mag nie aan kinders onder 9 jaar gegee word nie.

Ander medisyne en PANADO CAPSULES

Lig altyd u gesondheidsorgverskaffer in indien u enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in.)

- Die risiko van newe-effekte met parasetamol (d.w.s. PANADO CAPSULES) kan verhoog wees by pasiënte wat ander medisyne neem wat skadelik vir die lewer kan wees, of medisyne wat die lewerfunksie kan beïnvloed.
- Medisyne wat gebruik word om depressie te behandel (bv. trisikliese antidepressante en “St, John’s Wort”) kan lewertoksisiteit verhoog.
- Ander medisyne wat parasetamol bevat, soos ander pynstillers, hoes- en verkouemiddels.
- Medisyne vir naarheid of braking: Metoklopramied of domperidoon kan die opname van parasetamol verhoog.
- Medisyne om bloedcholesterol te verlaag: Cholestiramien verminder die absorpsie van parasetamol.
- Medisyne om koors of ligte pyn te behandel (bv. aspirien, salisilamied): Langdurige gelyktydige gebruik van PANADO CAPSULES saam met hierdie medisyne kan die risiko van nadelige niereffekte verhoog.
- Medisyne om die bloed te verdun: Indien u warfarien of ander bloedverdunnende middels (antikoagulante) neem, kan PANADO CAPSULES die antikoagulant-effek verhoog, en daar is 'n verhoogde risiko van bloeding, indien u gereelde of hoë dosisse parasetamol neem terwyl u op 'n orale antistolmiddel is.
- Medisyne om tuberkulose te behandel: Die gebruik van PANADO CAPSULES en sekere antibakteriese middels wat gebruik word vir die behandeling van tuberkulose ('n siekte wat die longe affekteer) soos rifampisien of isoniasied kan toksiese skade aan die lewer veroorsaak.
- Medisyne wat gebruik word om epilepsie te behandel: Anti-epileptiese middels soos karbamasepien, fosfenitoïen, fenitoïen, fenobarbitaal of primidoon kan lewertoksisiteit verhoog.
- Medisyne wat gebruik word om epilepsie te behandel en orale voorbehoedmiddels, ook bekend as 'die pil': Die gebruik van hierdie medisyne saam met parasetamol (d.i. PANADO CAPSULES) kan die doeltreffendheid van PANADO CAPSULES verminder.
- Medisyne wat gebruik word om hoë vlakke uriensuur in die bloedstroom te behandel, d.i. jig: Probenesied kan die uitskeiding van parasetamol beïnvloed en plasma- (bloed-) konsentrasies kan verander wanneer dit gelyktydig geneem word.
- Chlooramfenikol, 'n antibiotikum wat gebruik word om bakteriële infeksies te behandel: Die gebruik van chlooramfenikol saam met parasetamol (d.i. PANADO CAPSULES) kan die werking van chlooramfenikol verleng.

- Medisyne wat gebruik word om Menslike Immuniteitsgebrekvirus en Verworwe Immuniteitsgebreksindroom te behandel: Langdurige gelyktydige gebruik van PANADO CAPSULES en sidovudien kan neutropenie (lae witbloedseltelling) veroorsaak.
- Die neem van PANADO CAPSULES saam met sekere antivirale middels soos sidovudien en kotrimoksasool kan ernstige toksiese skade aan die lewer veroorsaak.
- Gebruik van medisyne om hepatitis B en C te behandel: Die antivirale effek van interferon alfa kan verhoog word indien dit saam met PANADO CAPSULES geneem word.
- Lamotrigien, 'n medisyne wat gebruik word om epilepsie te behandel: Die gebruik van PANADO KAPSULES saam met lamotrigien kan die doeltreffendheid van lamotrigien verminder.
- Flukloksasillien ('n antibiotikum) wat saam met PANADO CAPSULES geneem word, kan lei tot 'n ernstige hoër as normale vlak van suur in u bloed, veral indien u risikofaktore het soos nierinkorting, sepsis (wanneer bakterieë en hul gifstowwe in die bloed sirkuleer, wat orgaanskade veroorsaak), wanvoeding, chroniese alkoholisme, en indien die maksimum daaglikse dosisse parasetamol gebruik word.

Indien u enige laboratoriumtoetse gaan ondergaan (soos 'n bloedtoets, urienanalise, velallergietoets, ens.), moet u u dokter inlig dat u PANADO CAPSULES neem, aangesien dit die resultate van hierdie toetse kan beïnvloed.

PANADO KAPSULES met kos, drank en alkohol

Daar is geen beduidende effek op die absorpsie van PANADO CAPSULES wanneer dit saam met ‘n maaltyd geneem word nie.

U moet nie alkohol drink terwyl u PANADO CAPSULES neem nie. Deur parasetamol saam met alkohol te neem, kan u kans op newe-effekte verhoog.

Swangerskap, borsvoeding en vrugbaarheid

Indien u swanger is of borsvoed, dink u is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne neem.

Veiligheid en doeltreffendheid tydens swangerskap en borsvoeding is nog nie vasgestel nie.

Geen data oor vrugbaarheid is beskikbaar nie.

Bestuur en gebruik van masjinerie

PANADO CAPSULES het geen of ‘n weglaatbare invloed op die vermoë om te bestuur en masjinerie te hanteer.

Dit is nie altyd moontlik om te voorspel in watter mate PANADO CAPSULES u daaglikse aktiwiteite kan ontwrig nie. U moet seker maak dat u nie bestuur of masjinerie hanteer voordat u bewus is van die mate

waartoe PANADO CAPSULES u beïnvloed nie.

3. Hoe om PANADO CAPSULES te neem

Moenie meer as die aanbevole dosis neem nie.

Moenie medikasie wat aan u voorgeskryf is, met enige ander persoon deel nie.

Neem altyd PANADO CAPSULES presies soos beskryf in hierdie biljet of soos u dokter, apteker of verpleegkundige vir u gesê het. Raadpleeg u dokter, apteker of verpleegkundige indien u nie seker is nie.

Die algemene dosis is soos volg:

Volwassenes: Een of twee (500 mg tot 1 000 mg) kapsules, wat elke 3 tot 4 uur herhaal word, indien nodig.

Moenie meer as 4 dosisse in enige 24-uur periode neem nie.

Gebruik by kinders van 9 tot 12 jaar oud:

Een kapsule (500 mg), wat elke 3 tot 4 uur herhaal word, indien nodig.

Moenie meer as 4 dosisse (8 kapsules) in enige 24-uur periode neem nie.

Kinders onder 9 jaar:

PANADO CAPSULES moet nie aan kinders onder 9 jaar gegee word nie.

PANADO CAPSULES moet mondelings geneem word.

Sluk die kapsule met 'n glas water.

Moenie PANADO CAPSULES vir langer as 10 dae neem sonder om 'n dokter te raadpleeg nie. Indien die pyn voortduur of die koors langer as 3 dae duur, vererger of ander simptome verskyn, moet u die behandeling staak en 'n dokter raadpleeg.

Indien u meer PANADO CAPSULES neem as wat u moes

PANADO CAPSULES bevat parasetamol wat dodelik kan wees met oordosis. In die geval van oordosering of vermoedelike oordosis, en ondanks die feit dat die persoon asimptomaties mag wees, moet die naaste dokter, hospitaal of gifhulpsentrum onmiddellik gekontak word. Vinnige gespesialiseerde behandeling is noodsaaklik so gou moontlik.

Die aanvanklike simptome van parasetamol-oordosis (binne die eerste 24 uur) kan bleekheid (bleek voorkoms), naarheid, braking (opgooi), anoreksie (verlies aan eetlus) en buikpyn insluit.

Al lyk hierdie aanvanklike simptome minder ernstig, is parasetamol-oordosering 'n ernstige toestand, aangesien lewerskade eers 12 tot 48 uur na die parasetamol-oordosis sigbaar kan word.

Abnormaliteite van glukosemetabolisme en metaboliese asidose kan voorkom.

Kardiale disritmie is aangemeld.

Indien u vergeet om PANADO CAPSULES te neem

Indien u vergeet om 'n dosis te neem, neem 'n ander so gou as wat u onthou, tensy dit amper tyd is vir u volgende dosis. Onthou om minstens vier uur tussen dosisse te wag. Moenie 'n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

4. Moontlike newe-effekte

PANADO CAPSULES kan newe-effekte hê.

Nie alle newe-effekte wat vir PANADO CAPSULES aangemeld is, word in hierdie biljet ingesluit nie. Indien u algemene gesondheid verswak, of indien u enige ongunstige effekte ervaar terwyl u PANADO CAPSULES neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, staak PANADO CAPSULES en lig u dokter onmiddellik in, of gaan na die ongevalle-afdeling by u naaste hospitaal:

- swelling van die hande, voete, enkels, ooglede, gesig, tong of lippe;
- asemhalingsprobleme
- afname in bloeddruk (hipotensie);
- galbulte of swelsels (urtikaria)
- kortasem (dispnee)
- ernstige duiseligheid
- mondsere, koorsblare en ulkusse of seerheid van u tong;
- velknoppe of galbulte (verhewe, rooi of wit, jeukerige kolle van die vel);
- blase op u vel of binne-in u mond, neus, vagina of boude;
- die voorkoms van 'n uitslag of sonbrand wanneer u buite was (selfs op 'n bewolkte dag);
- ernstige velreaksies soos swelling, jeukerigheid, rooi ernstige uitslag, veral dié wat u hele liggaam bedek (wat as allergiese swelsels voorkom), (sien afdeling 2).

Hierdie is alles baie ernstige newe-effekte. Indien u dit ervaar, het u dalk 'n ernstige reaksie op PANADO CAPSULES gehad. U mag dringende mediese aandag of hospitalisasie nodig hê.

Lig u dokter onmiddellik in, of gaan na die ongevalle-afdeling by u naaste hospitaal indien u enige van die volgende opmerk:

- naarheid, braking, diarree, pyn in die boonste gedeelte van die maag, maag- of dermbloeding, jeukerigheid, verlies aan eetlus
- benoudheid op u bors, kortasem (bronchospasma);
- donker urien, kleikleurige stoelgang; of
- geelsug (vergeling van die vel of oë)

Lig u dokter in indien u enige van die volgende opmerk:

Minder gereelde newe-effekte

- indien u 'n toename in die aantal neusbloedings het, of ongewone bloeding het
- bloedingsprobleme of stollingsversteurings, verminderde vorming van selle, ernstige afname in witbloedselle wat tot ernstige infeksies kan lei, gereelde infeksies as gevolg van swak funksionerende witbloedselle, of afname in witbloedselle, vermindering in bloedplaatjies, wat die risiko van bloeding of kneusing verhoog, abnormale afbraak van rooibloedselle, wat swakheid of bleek vel kan veroorsaak, afname in bloedtelling, verminderde neutrofieltelling in bloed;
- afname in rooibloedselle;
- allergieë (behalwe swelling op die gesig, mond, hande);
- lae glukosevlakke in die bloed;
- depressie, verwarring, die aanvoel van onwerklike dinge;
- bewing, hoofpyn;
- abnormale visie;
- abnormale lewerfunksie, lewerversaking, dood van lewerselle, lewerskade;
- abnormale opeenhoping van vloeistof onder die vel;
- troebel urien- en nierafwykings;
- skielike afname in die hoeveelheid urien;
- bloed in urien;
- onvermoë om te urineer;
- duiseligheid, algemene ongemak, koors, slaperigheid, medikasie-interaksie;
- oordosis en vergiftiging.

Indien u enige newe-effekte opmerk wat nie in hierdie biljet genoem word nie, lig asseblief u dokter of apteker in.

Aanmelding van newe-effekte

Indien u newe-effekte ervaar, raadpleeg u dokter, apteker of verpleegkundige. U kan ook newe-effekte by SAHPRA aanmeld via die Med Safety Toep (Medsafety X SAHPRA) en die eAanmeldingsplatform (who-umc.org) wat op die SAHPRA se webwerf gevind kan word. Deur newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van PANADO CAPSULES te verskaf.

5. Hoe om PANADO CAPSULES te bêre

Bêre alle medisyne buite bereik van kinders.

Bêre in 'n diggeslote houer wat teen lig beskerm is.

Bêre teen of benede 25 °C.

Blootstelling aan lug moet tot 'n minimum beperk word.

Moenie in 'n badkamer bêre nie.

Moenie neem ná die vervaldatum wat op die etiket aangedui is nie.

Neem alle ongebruikte medisyne terug na u apteker.

Moenie ongebruikte medisyne in afvoerpype of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat PANADO CAPSULES bevat

- Die aktiewe bestanddeel is parasetamol 500 mg per kapsule
- Die ander bestanddele is mieliestysel, kaliumsorbaat (0,12 % *m/m*), magnesiumstearaat en kolloïdale silika.
- Kapsule-komponente: Gelatien, natriumlourielsulfaat en titaandioksied.

Hoe PANADO CAPSULES lyk en inhoud van die verpakking

'n Harde gelatienkapsule, grootte No. 0, ondeursigtige wit basis en dop, met "Panado 500" in rooi op die dop en basis gedruk.

Stulpverpakkings van 20 verseëlde kapsules.

Houer van Sertifikaat van Registrasie

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