

PHARMACY ACTION CALMATIVE PAIN RELIEF TABLETS

Paracetamol 500mg, Codeine Phosphate 10mg, Doxylamine Succinate 5.1mg tablets
CONSUMER MEDICINE INFORMATION

What is in this leaflet

This leaflet answers some common questions about PHARMACY ACTION CALMATIVE PAIN RELIEF tablets. It does not contain all of the 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 ACTION CALMATIVE PAIN RELIEF tablets against the benefits this medicine is expected to have for you.

Talk to your doctor or pharmacist if you have any concerns about taking this medicine.

Keep this leaflet with the medicine.

You may need to read it again.

What is PHARMACY ACTION CALMATIVE PAIN RELIEF tablets

The name of your medicine is PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

It contains the active ingredients paracetamol, codeine phosphate and doxylamine succinate.

Paracetamol is an analgesic which also helps in reducing fever. Codeine phosphate is an analgesic and doxylamine succinate is an antihistamine with pronounced sedative effects.

In combination, paracetamol, codeine phosphate and doxylamine produce greater analgesia than any of these drugs alone and avoids the side effects associated with large doses of these components.

PHARMACY ACTION CALMATIVE PAIN RELIEF tablets contain no aspirin.

What PHARMACY ACTION CALMATIVE PAIN RELIEF tablets is used for

PHARMACY ACTION CALMATIVE PAIN RELIEF tablets provide effective temporary relief of moderate to severe pain and discomfort associated with:

- Headache (including tension and migraine)
- Period Pain
- Toothache
- Muscle Pain
- Backache
- Rheumatic Pain
- Neuralgia
- Pain associated with trauma or surgery
- Other pain where a combined analgesic & calmative action is required.

Your doctor or pharmacist may recommend PHARMACY ACTION CALMATIVE PAIN RELIEF tablets for another reason. Talk to your doctor or pharmacist if you want more information.

Before you take PHARMACY ACTION CALMATIVE PAIN RELIEF tablets

When you must not take it

Do not take PHARMACY ACTION CALMATIVE PAIN RELIEF tablets if you have an allergy to:

- paracetamol, codeine or doxylamine, or any of the ingredients listed at the end of this leaflet
- you have had an allergic reaction to other opioid analgesics such as morphine or pethidine
- you have had an allergic reaction to other antihistamines.

Symptoms of an allergic reaction to these medicines may include:

- asthma, wheezing or shortness of breath
- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing
- hives, itching or skin rash
- fainting

Do not take PHARMACY ACTION CALMATIVE PAIN RELIEF tablets if the packaging is torn or shows signs of tampering.

Do not take PHARMACY ACTION CALMATIVE PAIN RELIEF tablets if the expiry date (EXP) printed on the pack has passed.

If you take this medicine after the expiry date has passed, it may not work as well.

If you are not sure whether you should start taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets, contact your doctor or pharmacist.

Do not give PHARMACY ACTION CALMATIVE PAIN RELIEF tablets to a child under 12 years. The safety and effectiveness of PHARMACY ACTION CALMATIVE PAIN RELIEF tablets in children have not been established.

Before you start to take it

Tell your doctor if:

- **you have any allergies to any other medicines or any other substances,** such as foods, preservatives or dyes
- **you are pregnant or intend to become pregnant**

Your doctor will discuss the possible risks and benefits of using PHARMACY ACTION CALMATIVE PAIN RELIEF tablets during pregnancy.

- **you are breast-feeding or plan to breast-feed**

Your doctor will discuss the possible risks and benefits of using PHARMACY ACTION CALMATIVE PAIN RELIEF tablets during breast-feeding.

- **you have or have had any medical conditions, especially the following:**

- kidney or liver disease
- breathing problem (e.g. asthma)
- glaucoma
- bladder problems (urinary retention)
- prostate problems
- stomach ulcer or other stomach problems
- **you are a heavy drinker.**

If you have not told your doctor or pharmacist about any of the above, tell them before you take any PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

Taking other medicines

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

Do not take PHARMACY ACTION CALMATIVE PAIN RELIEF tablets with any other products containing paracetamol, unless advised to do so by a doctor or pharmacist.

Some medicines may interfere with PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

These include:

- some drugs used to treat depression (e.g. barbiturates, monoamine oxidase inhibitors)
- medication for epilepsy or fits (e.g. Dilantin or Tegreto)
- medicines to help you sleep, or relieve anxiety
- opioid analgesics (e.g. morphine or pethidine)
- some drugs used to thin the blood (anti-coagulants)
- alcohol

These medicines may be affected by PHARMACY ACTION CALMATIVE PAIN RELIEF tablets, or may affect how well it works.

Your doctor and pharmacist may have more information on medicines to be careful with or avoid while taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

If you have not told your doctor or pharmacist about any of the above, tell them before you take any PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

How to take PHARMACY ACTION CALMATIVE PAIN RELIEF tablets

How much to take

Adults and children over 12 years: Take 1-2 tablets every 4-6 hours as necessary.

Do not exceed 8 tablets in a 24-hour period. Do not give to children under 12 years of age.

Talk to your doctor or pharmacist if you do not understand the instructions on the box.

How to take it

Swallow PHARMACY ACTION CALMATIVE PAIN RELIEF tablets with a glass of water. PHARMACY ACTION CALMATIVE PAIN RELIEF tablets can be taken with or without food.

How long to take it

WARNING: Keep to the recommended dose. **Adults:** Do not take this medicine for longer than a few days at a time unless advised to by a doctor. **Adolescents and children over 12 years of age:** Do not take this medicine for longer than 48 hours at a time unless advised to by a doctor.

PHARMACY ACTION CALMATIVE PAIN RELIEF tablets is for minor and temporary ailments and should be used strictly as directed. Prolonged use without medical supervision could be harmful.

Codeine may be habit forming if taken frequently and over a long period of time.

If you are not sure how long to take PHARMACY ACTION CALMATIVE PAIN RELIEF tablets, talk to your doctor or pharmacist.

If you take too much (overdose)

Immediately telephone your doctor or Poisons Information Centre (Telephone 13 11 26), or go to casualty at your nearest hospital, if you think that you or anyone else may have taken too much PHARMACY ACTION CALMATIVE PAIN RELIEF tablets. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention. Keep this telephone number handy.

If you have taken too much PHARMACY ACTION CALMATIVE PAIN RELIEF tablets you may feel drowsy, sick in the stomach, or restless.

While you are using PHARMACY ACTION CALMATIVE PAIN RELIEF tablets

Things you must do

If you are about to start taking any new medicine tell your doctor and pharmacist that you are taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

Tell all of the doctors, dentists, and pharmacists that are treating you that you are taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

If you plan to have surgery that needs a general anaesthetic, tell your doctor or dentist that you are taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets.

Things you must not do

Do not give PHARMACY ACTION CALMATIVE PAIN RELIEF tablets to anyone else, even if they have the same condition as you.

Do not use PHARMACY ACTION CALMATIVE PAIN RELIEF tablets to treat any other complaints unless your doctor or pharmacist tells you to.

Do not drink alcohol.

Things to be careful of

Be careful driving or operating machinery until you know how PHARMACY ACTION CALMATIVE PAIN RELIEF tablets affect you. PHARMACY ACTION CALMATIVE PAIN RELIEF tablets may cause drowsiness or light-headedness in some people and affect mental alertness. Make sure you know how you react to PHARMACY ACTION CALMATIVE PAIN RELIEF tablets before you drive a car, operate machinery, or do anything else that could be dangerous if you are dizzy.

About 8% of people are poor metabolisers of codeine and PHARMACY ACTION CALMATIVE PAIN RELIEF tablets may not work as well if you are one of those people.

Side Effects

Check with your doctor or pharmacist as soon as possible if you have any problems while taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets, even if you do not think the problems are related with the medicine or are not listed in this leaflet.

Like other medicines, PHARMACY ACTION CALMATIVE PAIN RELIEF tablets can cause some side effects. If they occur, most are likely to be minor and temporary. However, some may be serious and need medical attention.

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

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

- Skin rashes
- Dry mouth
- Loss of appetite, weight loss
- Diarrhoea
- Constipation
- Sedation or drowsiness
- Dizziness
- Nausea and vomiting
- Stomach pain
- Depression

Other side effects not listed above may also occur in some patients. Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

After taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they will not keep well.

Keep the tablets in a cool dry place where the temperature stays below 25°C. Do not store PHARMACY ACTION CALMATIVE PAIN RELIEF tablets or any other medicine in the bathroom or near a sink. Do not leave it in the car or on the window sills.

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

If your doctor or pharmacist tells you to stop taking PHARMACY ACTION CALMATIVE PAIN RELIEF tablets or the tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.

Product Description

What it looks like

PHARMACY ACTION CALMATIVE PAIN RELIEF tablets are white capsule-shaped tablets with a breakline on one side. They are available in blister packs of 20 and 40 tablets.

Ingredients

Each PHARMACY ACTION CALMATIVE PAIN RELIEF tablet contains the following active ingredients:

- Paracetamol 500mg
- Codeine Phosphate 10mg
- Doxylamine Succinate 5.1mg

The following inactive ingredients are found in PHARMACY ACTION CALMATIVE PAIN RELIEF tablets:

- Starch maize
- Hydroxypropylcellulose
- Sodium lauryl sulphate
- Pregelatinized maize starch

- Silica - colloidal anhydrous

- Talc
- Magnesium stearate

PHARMACY ACTION CALMATIVE PAIN RELIEF tablets do not contain lactose, sucrose, gluten, tartrazine or any other azo dyes.

Sponsor

Cipla-Oz Pty Ltd
Suite 4, The Groves
3990 Pacific Highway
Loganholme QLD 4129

Supplier

Generic Health Pty Ltd
Suite 1 1175 Toorak Road
CAMBERWELL
VIC 3124

AUST R 193421

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