

APOHEALTH NIGHT PAIN RELIEF

Consumer Medicine Information (CMI) summary

The [full CMI on the next page](#) has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using APOHEALTH NIGHT PAIN RELIEF?

APOHEALTH NIGHT PAIN RELIEF contains the active ingredients paracetamol and diphenhydramine hydrochloride. APOHEALTH NIGHT PAIN RELIEF is used to give temporary relief of pain when associated with sleeping difficulty.

For more information, see Section [1. Why am I using APOHEALTH NIGHT PAIN RELIEF?](#) in the full CMI.

2. What should I know before I use APOHEALTH NIGHT PAIN RELIEF?

Do not use if you have ever had an allergic reaction to APOHEALTH NIGHT PAIN RELIEF or any of the ingredients listed at the end of the CMI. **Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use APOHEALTH NIGHT PAIN RELIEF?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with APOHEALTH NIGHT PAIN RELIEF and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use APOHEALTH NIGHT PAIN RELIEF?

- Take 1- 2 tablets with water or other fluid only at bedtime. Maximum of two tablets in 24 hours. Do not exceed the stated dose.
- Allow at least four hours between taking any paracetamol containing product and APOHEALTH NIGHT PAIN RELIEF tablets.

More instructions can be found in Section [4. How do I use APOHEALTH NIGHT PAIN RELIEF?](#) in the full CMI.

5. What should I know while using APOHEALTH NIGHT PAIN RELIEF?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using APOHEALTH NIGHT PAIN RELIEF. Use only as recommended.• Talk to your pharmacist or doctor if your symptoms do not improve.
Things you should not do	<ul style="list-style-type: none">• Do not give to children under 12 years of age. Do not take for more than a few days at a time unless your doctor tells you to.• Do not exceed the recommended dose. There have been case reports of abuse with diphenhydramine.
Driving or using machines	This medicine may cause sleepiness in some people. If this happens, do not drive or operate machinery.
Drinking alcohol	Do not drink alcohol while taking APOHEALTH NIGHT PAIN RELIEF. The sedation effects of alcohol may be increased.
Looking after your medicine	<ul style="list-style-type: none">• Keep your medicine in a cool dry place where the temperature stays below 25°C. Protect from moisture.• Keep it where children cannot reach it.

For more information, see Section [5. What should I know while using APOHEALTH NIGHT PAIN RELIEF?](#) in the full CMI.

6. Are there any side effects?

- Tell your doctor or pharmacist if you notice any of the following and they worry you: nausea or dyspepsia; drowsiness or sleepiness; dry mouth, nose and throat; constipation; nervousness and irritability; anxiety; hallucinations; twitching or jerking muscles; fast heart beat; tiredness; dizziness; difficulty concentrating; unsteadiness.
- The above list includes the more common side effects of your medicine. They are usually mild.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

APOHEALTH NIGHT PAIN RELIEF

Active ingredient(s): *paracetamol & diphenhydramine hydrochloride*

Consumer Medicine Information (CMI)

This leaflet provides important information about using APOHEALTH NIGHT PAIN RELIEF. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using APOHEALTH NIGHT PAIN RELIEF.**

Where to find information in this leaflet:

1. [Why am I using APOHEALTH NIGHT PAIN RELIEF?](#)
2. [What should I know before I use APOHEALTH NIGHT PAIN RELIEF?](#)
3. [What if I am taking other medicines?](#)
4. [How do I use APOHEALTH NIGHT PAIN RELIEF?](#)
5. [What should I know while using APOHEALTH NIGHT PAIN RELIEF?](#)
6. [Are there any side effects?](#)
7. [Product details](#)

1. Why am I using APOHEALTH NIGHT PAIN RELIEF?

APOHEALTH NIGHT PAIN RELIEF contains the active ingredients paracetamol and diphenhydramine hydrochloride.

Paracetamol is an analgesic which works to stop the pain messages getting through to the brain. It also acts in the brain to reduce fever.

Diphenhydramine hydrochloride is an antihistamine that helps you sleep.

APOHEALTH NIGHT PAIN RELIEF is used to give temporary relief of pain when associated with sleeping difficulty. It is useful for headache, migraine, backache, arthritis, rheumatic and muscular pain, neuralgia, toothache, and period pain. It reduces fever.

2. What should I know before I use APOHEALTH NIGHT PAIN RELIEF?

Warnings

Do not use APOHEALTH NIGHT PAIN RELIEF if:

- you are allergic to paracetamol, diphenhydramine, or any of the ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- You have had any of the following medical conditions

Glaucoma (high pressure in the eyes)

Stomach or duodenal ulcer or other stomach problems

Prostate gland enlargement or bladder problems (including difficulty urinating)

Liver failure

Breastfeeding or plan to breastfeed. It passes

into the breast milk and there is a possibility that the baby may be affected.

Taking monoamine oxidase inhibitors (MAOIs), a type of medicine used to treat depression

You have taken other medicines containing paracetamol in the last 4 hours

Use this medicine only as recommended. Do not exceed the recommended dose. There have been reports of abuse with diphenhydramine.

Do not take this medicine after the expiry date (EXP) printed on the pack.

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

Do not take this medicine 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 taking this medicine, talk to your doctor.

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

- Liver or kidney disease (such as Gilbert's Syndrome)
- Epilepsy
- Myasthenia gravis (a muscle dysfunction)
- Prostate gland enlargement or difficulty urinating
- Glaucoma
- Asthma
- Bronchitis or chronic lung disease
- You are underweight or malnourished
- You regularly drink alcohol; you may need to avoid using this product altogether or limit the amount of paracetamol you take
- You have a severe infection as this may increase the risk of metabolic acidosis. Signs of metabolic acidosis include deep rapid difficult breathing, nausea or vomiting. Loss of appetite. Contact a doctor immediately if you get a combination of these symptoms.
- have an enzyme deficiency, glucose-6-phosphate dehydrogenase
- have low glutathione reserves
- have had previous or underlying sensitivity to aspirin or non-steroidal anti-inflammatories (NSAIDs), including breathing problems
- are taking sedatives
- are taking a type of medicine used to treat depression like monoamine oxidase inhibitors (MAOIs), or within two weeks of stopping an MAOI.

Tell your doctor or pharmacist if you take sedatives.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant. Your pharmacist or doctor will discuss the benefits and possible risks of taking the medicine during pregnancy.

Do not use if you are breastfeeding or intend to breastfeed. This medicine passes into the breast milk and there is a possibility that the baby may be affected. Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

Do not give APOHEALTH NIGHT PAIN RELIEF:

- To newborn or premature babies
- To children under 12 years of age

Elderly

Elderly patients are more likely to have side effects from taking this medicine. Carers should be aware that this medicine should not be given to elderly patients with confusion and agitation (shaking movements of the body).

3. What if I am taking other medicines?

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

This medicine contains paracetamol. If you are taking any other medicine containing paracetamol, do not take more than 4000 mg paracetamol (including this medicine) in any 24 hour period.

This medicine contains diphenhydramine an antihistamine. Do not take this medicine if you are taking other medicines containing diphenhydramine or antihistamines such as those to treat cough and colds, allergies and skin rashes (including those you use on your skin).

Talk to your doctor or pharmacist if you are unsure.

Some medicines may interfere with APOHEALTH NIGHT PAIN RELIEF and affect how it works.

These include:

- Warfarin or other antivitamin K medicines, used to prevent blood clots
- Metoclopramide and domperidone, medicines used to control nausea and vomiting
- propantheline, a medicine used to reduce stomach acid and treat stomach cramps
- Medicines used to treat epilepsy or fits
- Chloramphenicol, an antibiotic used to treat ear and eye infections
- flucloxacillin and rifampicin, medicines used to treat infections
- Alcohol
- Probenecid, a medicine used to treat gout or sometimes given with an antibiotic
- cholestyramine, a medicine used to treat bile problems or high cholesterol levels in the blood

- metoprolol, a medicine used to treat high blood pressure
- medicines used to control electrolytes levels in kidney disease
- Medicines used to treat depression, especially monoamine oxidase inhibitors and tricyclic antidepressants and venlafaxine
- Medicines used to help you sleep or relax (sedatives and hypnotics)
- Opioid analgesics, medicines used to treat pain
- other medicines containing antihistamines such as those to treat cough and colds, allergies and skin rashes
- Chelating resin
- Medicines which make you drowsy or give you dry mouth (sometimes called anticholinergics). Taking such medicines while you are taking this medicine may increase the chances of side effects

Taking such medicines while you are taking this medicine may increase the chances of side effects.

These medicines may be affected by APOHEALTH NIGHT PAIN RELIEF or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines, or separate the doses.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect APOHEALTH NIGHT PAIN RELIEF.

4. How do I use APOHEALTH NIGHT PAIN RELIEF?

How much to take

- Take one or two tablets with water or other fluid. Do not take more than the stated dose.
- Adults should not take this medicine for more than a few days at a time unless your doctor tells you to take it for longer.
- Children aged 12 to 17 years should not be given this medicine for more than 48 hours unless on the advice of a doctor.
- Children under 12 should not be given this medicine.
- If you are over 65 years of age, talk to your doctor or pharmacist about how much to use.
- Follow the instructions provided with the medicine
- Use this medicine only as recommended. Do not exceed the recommended dosage.

When to take APOHEALTH NIGHT PAIN RELIEF

- Take the tablets at bedtime.

If you forget to use APOHEALTH NIGHT PAIN RELIEF

- If you forget to take APOHEALTH NIGHT PAIN RELIEF at bedtime, you may take it through the night.
- Do not take a second dose

Do not take a double dose the next night to make up for the dose you missed.

If you use too much APOHEALTH NIGHT PAIN RELIEF

If you think that you have used too much APOHEALTH NIGHT PAIN RELIEF, you may need urgent medical attention.

If you have taken too much APOHEALTH NIGHT PAIN RELIEF, you may experience nausea, vomiting, anorexia, unhealthy pale appearance, stomach pain, dilated pupils, fever, flushing, agitation, tremor, muscle contraction reactions, hallucinations and heart monitoring (electrocardiogram) changes. Large overdoses may cause the breakdown of muscle, convulsions, delirium, toxic psychosis, irregular heartbeat, coma and heart collapse. Overdosage may cause liver cell disruption (hepatic cytolysis) which can lead to liver insufficiency, failure or damage, gastrointestinal bleeding, accumulation of acid in the body (metabolic acidosis), disorder/disease of the brain (encephalopathy), abnormal blood clotting, coma and death, inflammation of the pancreas, acute kidney failure and reduction in red/white blood cells and platelets.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using APOHEALTH NIGHT PAIN RELIEF?

Things you should do

Call your doctor immediately or go to Accident and Emergency at your nearest hospital if you have any of the following symptoms which may be due to an allergic reaction:

- 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.

If you develop a skin rash while taking this medicine, you must stop taking it immediately and seek medical advice.

Use APOHEALTH NIGHT PAIN RELIEF exactly as your pharmacist or doctor has told you to.

Remind any doctor, dentist or pharmacist you visit that you are using APOHEALTH NIGHT PAIN RELIEF.

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

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

Things you should not do:

Do not use this medicine to treat any other complaints unless your pharmacist or doctor tells you to:

Children 12 – 17 years:

Do not give paracetamol for more than 48 hours unless doctor has told you to.

Adults:

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

Things to be careful of:

Use this medicine only as recommended. Do not exceed the recommended dose.

There have been case reports of abuse with diphenhydramine. This medicine may be habit forming, especially if you have had addiction problems in the past or if you have severe mental health problems.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how APOHEALTH NIGHT PAIN RELIEF affects you.

APOHEALTH NIGHT PAIN RELIEF may cause sleepiness, dizziness, drowsiness, difficulty concentrating or blurred vision in some people.

If affected, do not drive or operate machinery.

If this happens, do not drive or operate machinery.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Do not drink alcohol while taking APOHEALTH NIGHT PAIN RELIEF.

The sedation effects of alcohol may be increased.

Looking after your medicine

- Store below 25°C, Protect from moisture.
- Keep your medicine in the original pack until it is time to take it. If you take your tablets out of the packaging, they not keep as well.

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
<p>Gastrointestinal related:</p> <ul style="list-style-type: none"> Nausea, indigestion or dyspepsia Constipation <p>Head and neurology related:</p> <ul style="list-style-type: none"> Dry mouth, nose and throat Drowsiness, sleepiness, Tiredness Nervousness, irritability or agitation Anxiety Hallucinations Dizziness Difficulty concentrating Headache Confusion <p>Heart related:</p> <ul style="list-style-type: none"> Fast or irregular heartbeat <p>Muscle and movement related:</p> <ul style="list-style-type: none"> Twitching or jerking muscles Unsteadiness tingling or numbness of the hands or feet <p>Eyes related:</p> <ul style="list-style-type: none"> blurred vision. 	<p>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</p>

Serious side effects

Serious side effects	What to do
<p>Allergy related:</p> <ul style="list-style-type: none"> Shortness of breath Wheezing or difficulty breathing Swelling of the face, lips, tongue or other parts of the body Previous breathing problems with aspirin or non-steroidal anti-inflammatories, and you experience a similar reaction with this product Rash, itching or hives on the skin <p>Skin related:</p> <ul style="list-style-type: none"> severe blisters and bleeding in the lips, eyes, mouth, nose and genitals painful red areas with blisters 	<p>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>

<p>and peeling layers of skin which may be accompanied by fever and/or chills</p> <ul style="list-style-type: none"> yellowing of the skin and eyes <p>Infection related:</p> <ul style="list-style-type: none"> frequent infections such as fever, severe chills, sore throat or mouth ulcers <p>Bleeding related:</p> <ul style="list-style-type: none"> Unexplained bruising or bleeding <p>Neurological system related:</p> <ul style="list-style-type: none"> Seizures (fits) <p>Gastrointestinal/metabolism related:</p> <ul style="list-style-type: none"> vomiting accumulation of an acid called pyroglutamic acid due to low glutathione levels (pyroglutamic acidosis) High anion gap metabolic acidosis. <p>Urinary related:</p> <ul style="list-style-type: none"> Difficult or painful urination dark coloured urine 	
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Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

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

Reporting side effects

After you have received medical advice for any side effects, you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription although is only available from your pharmacist.

What APOHEALTH NIGHT PAIN RELIEF contains

Active ingredient (main ingredient)	<ul style="list-style-type: none"> Paracetamol 500 mg Diphenhydramine hydrochloride 25 mg
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> Maize starch Potassium sorbate Povidone Croscarmellose sodium Purified talc Stearic acid

	<ul style="list-style-type: none">• Opadry complete film coating system 03F505035 Blue
Potential allergens	Sorbates

Do not take this medicine if you are allergic to any of these ingredients.

What APOHEALTH NIGHT PAIN RELIEF looks like

APOHEALTH NIGHT PAIN RELIEF is a blue, capsule shaped, film coated tablet debossed with “PD5” on one side and plain on the other side (AUST R 337701).

Supplied in blister packs of 20 tablets.

Who distributes APOHEALTH NIGHT PAIN RELIEF

Arrotex Pharmaceuticals Pty Ltd

15-17 Chapel Street

Cremorne VIC 3121

www.arrotex.com.au

This leaflet was prepared in March 2026