

APOHEALTH Sinus & Pain Relief tablets

Active ingredient(s): *paracetamol and pseudoephedrine hydrochloride*

Consumer Medicine Information (CMI)

This leaflet provides important information about using APOHEALTH Sinus & Pain Relief tablets. **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 this medicine.**

Where to find information in this leaflet:

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1. Why am I using APOHEALTH Sinus & Pain Relief tablets?

APOHEALTH Sinus & Pain Relief tablets contain the active ingredients paracetamol and pseudoephedrine hydrochloride.

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

Pseudoephedrine hydrochloride belongs to a group of medicines called sympathomimetic decongestants. It works by reducing congestion in the upper respiratory tract, including the nose, nasal passages and sinuses, and making it easier to breathe.

2. What should I know before I use APOHEALTH Sinus & Pain Relief tablets?

Warnings

Do not use APOHEALTH Sinus & Pain Relief tablets if:

- you are allergic to paracetamol, pseudoephedrine hydrochloride 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 are younger than 12 years

- you have very high blood pressure (severe hypertension) or hypertension not controlled by your medication
- you have severe acute (sudden) or chronic (long-term) kidney disease or kidney failure
- you have severe coronary artery disease (heart disease caused by poor blood flow or narrowing of the blood vessels of the heart)
- you have taken other products containing paracetamol
- you have taken monoamine oxidase inhibitors, medicines used to treat depression, in the last 14 days.

Check with your doctor or pharmacist if you:

- have any other medical conditions
 - high blood pressure
 - overactive thyroid gland
 - diabetes
 - heart disease and poor blood flow in the blood vessels of the heart
 - glaucoma (high pressure in the eyes)
 - prostate problems
 - liver or kidney disease
 - alcohol dependence
- take any medicines for any other condition

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.

Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed.

Small amounts of pseudoephedrine pass into the breast milk. Your pharmacist or doctor will discuss the potential benefits and risks of taking the medicine if you are breastfeeding.

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.

Some medicines may interfere with APOHEALTH Sinus & Pain Relief tablets and affect how it works.

These include:

- medicines used to treat depression especially monoamine oxidase inhibitors and tricyclic antidepressants
- medicines used to treat heart conditions
- medicines used to treat high blood pressure
- medicines used to treat urinary tract infections and bladder problems
- medicines used to treat behavioural disorders
- phenylephrine, a medicine used to treat congestion
- appetite suppressants
- warfarin, a medicine used to prevent blood clots
- metoclopramide, a medicine used to control nausea and vomiting
- medicines used to treat epilepsy or fits
- chloramphenicol, an antibiotic used to treat ear and eye infections
- alcohol
- flucloxacillin, an antibiotic used to treat skin infections.

You may need different amounts of your medicines, or you may need to take different medicines.

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 Sinus & Pain Relief tablets.

4. How do I use APOHEALTH Sinus & Pain Relief tablets?

How much to take

- **Adults and children over 12 years:** 2 tablets (maximum 8 tablets in 24 hours).
- **Children 7 – 12 years:** 1 tablet (maximum 4 tablets in 24 hours).
- Do not exceed the recommended dosage.
- Not recommended for children under 7 years of age.

How long to take

- **Adults:** only take this medicine for a few days at a time unless a doctor has told you to take it for longer.
- **Children:** Only give this medicine to children for up to 48 hours unless a doctor has told you to give it for longer.

When to take APOHEALTH Sinus & Pain Relief tablets

- APOHEALTH Sinus & Pain Relief tablets can be taken every 6 hours as necessary.

How to take APOHEALTH Sinus & Pain Relief tablets

- Swallow the tablets whole.
- Do not use for more than a few days at a time except on medical advice.
- Follow all directions given to you by your pharmacist or doctor carefully. This may differ from the information contained in this leaflet.

- If you forget to take it and it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, you may take a dose as soon as you remember if you think you need it. Do not take a double dose to make up for the dose that you missed.
- If you do not understand the instructions on the pack, ask your pharmacist or doctor for help.

If you take too many APOHEALTH Sinus & Pain Relief tablets

If you think that you have taken too many APOHEALTH Sinus & Pain Relief tablets, you may need urgent medical attention.

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 Sinus & Pain Relief tablets?

Things you should do

- talk to your pharmacist or doctor if your symptoms do not improve, or if new symptoms occur. Your pharmacist or doctor will assess your condition and decide if you should continue to take the medicine.

Remind any doctor, dentist or you visit that you are using APOHEALTH Sinus & Pain Relief tablets.

Things you should not do

- Do not take APOHEALTH Sinus & Pain Relief tablets to treat any other complaints unless your pharmacist or doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.
- Do not take more than the recommended dose unless your pharmacist or doctor tells you to.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how APOHEALTH Sinus & Pain Relief tablets affect you.

APOHEALTH Sinus & Pain Relief tablets may cause dizziness in some people. If this happens, do not drive or operate machinery.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Drinking alcohol while taking this medicine may increase the risk of liver side effects.

Looking after your medicine

- Keep your medicine in the original pack until it is time to take.
- Keep your medicine in a cool dry place where the temperature stays below 30°C.

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 windowsills.

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.

Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none"> • nausea or dyspepsia • stomach discomfort • diarrhoea • vomiting • drowsiness • dizziness • difficulty sleeping • nervousness • excitability • feeling of extreme happiness • restlessness • fear or anxiety • rapid or irregular heartbeat • tremor • headache • hallucinations • rectal bleeding • small bumps on the skin with or without fever or reddening of the skin 	<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
<ul style="list-style-type: none"> • urine retention • pain when passing urine • severe or thunderclap headache 	<p>Call your doctor straight away, or go straight</p>

<ul style="list-style-type: none"> • nausea/vomiting • confusion • seizures and/or visual disturbances • 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 • Posterior reversible encephalopathy syndrome (PRES) • Reversible cerebral vasoconstriction syndrome (RCVS) 	<p>to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</p>
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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. Children and people over 65 years of age may have an increased chance of getting side effects.

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.

What APOHEALTH Sinus & Pain Relief tablets contain

Active ingredient (main ingredient)	paracetamol pseudoephedrine hydrochloride
Other ingredients (inactive ingredients)	colloidal anhydrous silica croscarmellose sodium erythrosine magnesium stearate maize starch microcrystalline cellulose povidone self-emulsifying glyceryl monostearate sodium starch glycollate stearic acid

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

What APOHEALTH Sinus & Pain Relief tablets look like

APOHEALTH Sinus & Pain Relief tablets are capsule shaped, pink, uncoated tablets (Aust R 353481).

Who distributes APOHEALTH Sinus & Pain Relief tablets

Arrotex Pharmaceuticals Pty Ltd
15 – 17 Chapel Street
Cremorne Victoria 3121
www.arrotex.com.au

This leaflet was prepared in December 2025.