

Pharmacy Action Paracetamol & Ibuprofen

Active ingredient(s): ibuprofen and paracetamol

Consumer Medicine Information (CMI)

This leaflet provides important information about using Pharmacy Action Paracetamol & Ibuprofen. **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 Pharmacy Action Paracetamol & Ibuprofen.**

Where to find information in this leaflet:

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1. Why am I using Pharmacy Action Paracetamol & Ibuprofen?

Pharmacy Action Paracetamol & Ibuprofen contains the active ingredients **ibuprofen and paracetamol**. Ibuprofen belongs to a group of medicines called non-steroidal anti-inflammatory drugs (NSAIDs). Paracetamol works to stop the pain messages from getting through to the brain.

Pharmacy Action Paracetamol & Ibuprofen is used as an **analgesic (pain reliever)**. It works to relieve acute (short term) pain and/or inflammation associated with headache, migraine headache, tension headache, sinus pain, toothache, dental procedures, backache, muscular aches and pains, period pain, sore throat, tennis elbow, rheumatic pain and arthritis, and the aches and pains associated with colds and flu.

2. What should I know before I use Pharmacy Action Paracetamol & Ibuprofen?

Warnings

Do not use Pharmacy Action Paracetamol & Ibuprofen if:

- you are allergic to:
 - ibuprofen;

- paracetamol;
- any other medicine for pain relief;
- or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

Some of the symptoms of an allergic reaction may include:

- 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.
- liver or kidney disease;
- heart problems;
- asthma;
- a stomach ulcer or duodenal ulcer or if you have had either of these conditions or gastric bleeding or other gastrointestinal diseases in the past;
- recently vomited blood or material that looks like coffee grounds;
- recently bled from the back passage (rectum), had black sticky bowel motions or bloody diarrhoea;
- experienced liver problems. Some of the symptoms of liver problems may include:
 - nausea;
 - feeling tired;
 - itching of the skin;
 - yellow colouring of the skin;
 - flu-like symptoms;
 - tenderness in your abdomen.

If you develop any of these symptoms or heart problems, talk to your doctor.

- you are taking any other product containing paracetamol, ibuprofen or other NSAIDs or if you are taking any other medicine for pain relief.
- the expiry date printed on the pack has passed or if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

Check with your doctor or pharmacist if you:

- have allergies to any other medicines, foods, preservatives or dyes;
- have, or have had, any other medical conditions such as:
 - diabetes,
 - asthma,
 - liver or kidney disease,
 - heart problems;
- take any medicines for any other condition;

- are not sure whether you should start taking Pharmacy Action Paracetamol & Ibuprofen.

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

Do not take this medicine if you are pregnant or plan to become pregnant.

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

Small amounts of ibuprofen and paracetamol pass into the breast milk.

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 Pharmacy Action Paracetamol & Ibuprofen and affect how it works. These include:

- warfarin, a medicine used to prevent blood clots;
- lithium, a medicine used to treat mood swings and some types of depression;
- medicines used to lower blood pressure;
- methotrexate, a medicine used to treat arthritis and some types of cancer;
- medicines used to treat heart failure;
- medicines such as prednisone, prednisolone and cortisone, which reduce the activity of your immune system;
- zidovudine, a medicine used to treat HIV infection;
- aspirin, salicylates and other NSAIDs;
- medicines used to treat diabetes;
- 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.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Pharmacy Action Paracetamol & Ibuprofen.

4. How do I use Pharmacy Action Paracetamol & Ibuprofen?

How much to take / use

- Adults under 65 and children from 12 years: Take one tablet every 8 hours with water when necessary.
- **Do not take more than 3 tablets in 24 hours.**
- Adults: do not take Pharmacy Action Paracetamol & Ibuprofen for more than 3 days at a time.

- Adolescents (12 to 17 years): do not take Pharmacy Action Paracetamol & Ibuprofen for more than 2 days at a time.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

When to take Pharmacy Action Paracetamol & Ibuprofen

- Pharmacy Action Paracetamol & Ibuprofen should be used when required for pain.
- If your symptoms persist, worsen or new symptoms develop, talk to your pharmacist or doctor.

If you use too much Pharmacy Action Paracetamol & Ibuprofen

If you think that you have used too much Pharmacy Action Paracetamol & Ibuprofen, 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 Pharmacy Action Paracetamol & Ibuprofen?

Things you should do

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

Remind any doctor, dentist or pharmacist you visit that you are using Pharmacy Action Paracetamol & Ibuprofen.

Things you should not do

- Do not take Pharmacy Action Paracetamol & Ibuprofen for more than 3 days at a time (2 days for adolescents 12 to 17 years) unless your doctor tells you to.
- Do not take more than the recommended dose unless your pharmacist or doctor tells you to.
- Do not take Pharmacy Action Paracetamol & Ibuprofen 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 Pharmacy Action Paracetamol & Ibuprofen if you are aged 65 years or older.

Things to be careful of

- Taking this medicine may increase the risk of you getting unwanted effects, such as stomach or heart problems

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Pharmacy Action Paracetamol & Ibuprofen affects you.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Only drink small quantities of alcohol (beer, wine or spirits) while taking paracetamol.

Drinking large quantities of alcohol while taking paracetamol 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 it.
- Keep your medicine in a cool dry place where the temperature stays below 30°C.

Follow the instructions on 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.

It is rare to get side effects from ibuprofen and paracetamol if taken for a short period of time and in the doses for over-the-counter medicines.

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, heartburn, or stomach pain.• Loss of appetite.• Diarrhoea• Dizziness• Drowsiness• Headache• Nervousness	Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.

Serious side effects

Serious side effects	What to do
Serious side effects: <ul style="list-style-type: none">• if you get sunburnt more quickly than usual. Very serious side effects: <ul style="list-style-type: none">• Fluid retention.• Vomiting blood or bleeding from the back passage.• 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.	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.

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.

What Pharmacy Action Paracetamol & Ibuprofen contains

Active ingredient (main ingredient)	Ibuprofen Paracetamol
Other ingredients (inactive ingredients)	Pregelatinised maize starch Povidone Crospovidone Microcrystalline cellulose Colloidal anhydrous silica Magnesium stearate Hypromellose Purified talc Purified water Titanium dioxide OPADRY FX special effects film-coating system 63F97546 SILVER

Potential allergens	Not applicable
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Do not take this medicine if you are allergic to any of these ingredients.

What Pharmacy Action Paracetamol & Ibuprofen looks like

Pharmacy Action Paracetamol & Ibuprofen tablets are white to off-white, oval-shaped, biconvex, film-coated, pearlescent tablets plain on both sides (AUST R 281501).

Who distributes Pharmacy Action Paracetamol & Ibuprofen

Generic Health Pty Ltd

Suite 2, Level 2

19-23 Prospect Street

Box Hill, VIC, 3128

Australia

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🌐 www.generichealth.com.au

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