

# PERGRIP TABLETS

## Paracetamol, Caffeine and Chlorphenamine Maleate Tablets PATIENT INFORMATION LEAFLET

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

This medicine is available without prescription, however, you still need to use this product carefully to get the best results from it. Keep this leaflet as you may need to read it again. Ask your pharmacist if you need more information or advice.

### **1. What is this medicine and what is it used for?**

#### **This medicine contains:**

- **Paracetamol** which is a pain reliever (analgesic) and helps reduce your temperature when you have a fever
- **Chlorphenamine Maleate** which is an antihistamine and acts to relieve the symptoms of allergies. It can be used to relieve the symptoms of allergic reactions including hayfever, raised, red itchy skin (symptoms of urticaria, which is often known as hives or nettle rash), allergic reactions to foods or medicines, insect bites, runny nose, swelling of the face or throat due to fluid build-up and itching caused by chickenpox
- **Caffeine** which helps to increase the pain relief from paracetamol and makes you more alert.

These tablets are used for the relief of the symptoms of colds and flu, including headache, feverishness (high temperature), nasal and sinus congestion and its associated pressure and pain, catarrh, aches and pains.

### **2. Is this medicine suitable for you?**

#### **Do not take this medicine if you:**

- are **allergic** to paracetamol, chlorphenamine maleate, caffeine or any of the other ingredients and any other antihistamines
- are under 12 years of age
- have a serious heart condition or cardiovascular disorder(s)
- have high blood pressure (hypertension)
- have an overactive thyroid
- have an enlarged prostate or other prostate problems
- are pregnant or breastfeeding
- are taking antidepressant drugs called monoamine oxidase inhibitors (MAOI's), or have taken them within the last 14 days – these are medicines such as phenelzine and isocarboxazid
- are taking tricyclic antidepressants, such as imipramine, amitriptyline.

#### **Please see your doctor or pharmacist before taking this medicine if you:**

- are breastfeeding
- suffer from kidney or liver problems, including alcoholic liver disease or have alcohol dependence
- have a blood vessel disease such as Raynaud's phenomenon
- Have heart or circulation disease.
  - have epilepsy
  - If you have asthma, bronchitis or other lung problems
  - If you have raised pressure in your eye (glaucoma)
  - If you are a man with prostate problems

#### **If you are taking any of the following medicines, please see your doctor:**

- medicines to treat high cholesterol levels which reduce the amount of fat in the blood such as colestyramine
- medicines to control feeling sick or being sick such as metoclopramide or domperidone

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- medicines called anti-coagulants, which are used to thin the blood such as warfarin or other coumarins - you may take occasional doses of paracetamol but should consult your doctor if you need to take it on a regular basis
- medicines to lower blood pressure, treat heart or circulatory problems such as beta blockers (for example atenolol), methyldopa, or ganglion blocking agents (for example trimetaphan camsylate).
  - Other antihistamines, including those in cough and cold medicines, that make you sleepy
  - Sleeping tablets, medicines for anxiety, antidepressants
  - Phenytoin (for epilepsy)

**Contains paracetamol.**

**Do not take anything else containing paracetamol while taking this medicine.**

**Other important information**

**Driving and using machines:** This medicine may cause drowsiness, dizziness or blurred vision. You should not drive or operate machinery until you are sure you are not affected.

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

### 3. How to take this medicine

Swallow the tablet whole with water. Do not chew.

**Adults, the elderly and children 12 years and over:**

2 tablets every 4 to 6 hours, as required. Do not take more than 12 tablets in any 24-hour period.

**Do not give to children under 12 years.**

Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.

Avoid too much caffeine in drinks like coffee and tea.

High caffeine intake can cause difficulty sleeping, shaking and an uncomfortable feeling in the chest.

**Talk to a doctor at once if you take too much of this medicine even if you feel well.**

**This is because too much paracetamol can cause delayed, serious liver damage.** Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

### 4. Possible side effects

Most people do not have any side effects while taking this medicine. However, if you experience any of the following side effects, or anything else unusual happens, stop taking the medicine immediately, and see your doctor or pharmacist.

**Stop taking this medicine and tell your doctor immediately if you experience:**

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth, face, lips, tongue or throat or shortness of breath (severe allergic reaction)
- **Skin rash or peeling, or mouth ulcers.**
- **Breathing problems.** These are more likely if you have experienced them before when taking other painkillers such as ibuprofen or aspirin.
- Unexplained **bruising or bleeding.**
- Reoccurring **fevers or infections.**
- Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.
- **Visual disturbances.** This is rare but is more likely in those with glaucoma.
- Unusually **fast pulse rate** or a sensation of an unusually **fast or irregular heartbeat.**
- **Difficulty passing water.** This is more likely to occur in men with an enlarged prostate gland.
  - Drowsiness which may cause you to fall asleep, sleepiness, feeling tired
  - Lack of concentration, dizziness, headache, blurred vision

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- Feeling sick, being sick, dry mouth, heartburn, diarrhoea, stomach pain
- Loss of appetite, difficulty in passing urine, ringing in the ears
- Other allergic reactions including skin peeling, itchy red skin rash, sensitivity to sunlight
- Changes in heart rate, palpitations, low blood pressure (you may feel faint), tightness of the chest
- Thickened bronchial secretions (which may cause a cough or phlegm)
- Liver problems including hepatitis and jaundice (yellowing of the skin and eyes)
- Blood problems such as anaemia
- Muscle weakness, twitching, lack of co-ordination
- Depression, irritability, nightmares
- Confusion in the elderly
- Hyperactivity in children

These reactions are rare. The following side effects may occur.

**Tell your doctor** if you get them.

- Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.

Very rare cases of serious skin reactions have been reported.

### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly to [QPPVperfect@gmail.com](mailto:QPPVperfect@gmail.com). By reporting side effects, you can help provide more information on the safety of this medicine.

### 5. How to store your medicine

**Keep out of the sight and reach of children.**

Do not use this medicine after the expiry date printed on the pack. After this date, return any unused product to your nearest pharmacy for safe disposal.

Do not store above 30°C. Store in the original package.

### 6. What is in this medicine?

Each pink tablet contains the active ingredients: paracetamol 500mg, caffeine 25 mg and chlorphenamine maleate 2mg.

The other ingredients are: maize starch, microcrystalline cellulose, povidone, erythrosine (E127), anhydrous silica, sodium starch glycolate and magnesium stearate.

The product is available in a pack size of 50x4 tablets.

### 7. Who makes this medicine?

Manufactured by Perfect Pharmaceuticals Ltd.

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0208118220

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Leaflet prepared January 2020