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P4003T PACKAGE LEAFLET: INFORMATION FOR THE USER

Paracetamol 500mg capsules

Read all of this leaflet carefully because it contains important information for you.
This medicine is available without prescription. However, you still need to take Paracetamol 500mg Capsules carefully to get the best results from them.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve.
- If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Paracetamol 500mg Capsules are and what they are used for
2. What you need to know before you take Paracetamol 500mg Capsules
3. How to take Paracetamol 500mg Capsules
4. Possible side effects
5. How to store Paracetamol 500mg Capsules
6. Contents of the pack and other information

1. What Paracetamol 500mg Capsules are and what they are used for

Paracetamol 500mg capsules contain the active ingredient paracetamol. It belongs to a group of medicines called analgesics (painkillers) and is used for the treatment of:
- joint pain, muscle pain,
- backache, toothache,
- nerve pain, period pain,
- headache (including migraine and tension headaches)
- sore throat

It is also used to lower a high temperature and relieve the symptoms of cold and flu.

2. What you need to know before you take Paracetamol 500mg Capsules

DO NOT take Paracetamol 500mg Capsules and tell your doctor if you:
- are allergic (hypersensitive) to paracetamol, other pain relievers or any of the other ingredients in the product (see Section 6 on 'What Paracetamol 500mg Capsules contain') Signs of an allergic reaction include a rash and breathing problems. There can also be swelling of the legs, arms, face, throat or tongue.

Children
This medicine is NOT recommended for children under 10 years of age.
Do not take paracetamol if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking paracetamol.

Warnings and precautions
Consult your doctor before taking these capsules if you:
- have severe kidney or liver problems.
- have a liver problem caused by alcohol.
- have severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), or you suffer from malnutrition, chronic alcoholism or if you are also taking flucloxacillin (an antibiotic). A serious condition called metabolic acidosis (a blood and fluid abnormality) has been reported in patients in these situations when paracetamol is used at regular doses for a prolonged period or when paracetamol is taken together with flucloxacillin. Symptoms of metabolic acidosis may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea) and being sick (vomiting).

Other medicines and Paracetamol 500mg Capsules
Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines obtained without a prescription, including herbal medicines. This is because paracetamol can affect the way some other medicines work. Also, some other medicines can affect the way paracetamol works.

While taking paracetamol you should not take any other medicines which contain paracetamol.
This includes some painkillers, cough and cold remedies. It also includes a wide range of other medicines available from your doctor and more widely in shops.

Please inform your doctor or pharmacist if you are taking:
- flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2).
- warfarin and other drug which thin the blood
- cholestyramine (reduces blood cholesterol levels)
- metoclopramide and domperidone (used to stop you feeling sick (nausea) or being sick (vomiting)

If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before taking paracetamol.

Taking Paracetamol 500mg Capsules with food and drink
Avoid alcoholic drinks whilst taking these capsules. Taking paracetamol with alcohol can increase your chances of getting side effects.

Pregnancy and Breast-Feeding
Ask your doctor or pharmacist for advice before taking these capsules if you:
- are pregnant, think you may be pregnant or plan to get pregnant
- are breast-feeding or planning to breast-feed

If necessary, paracetamol can be used during pregnancy. You should use the lowest possible dose that reduces your pain and/or your fever and use it for the shortest time possible. Contact your doctor or midwife if the pain and/or fever are not reduced or if you need to take the medicine more often.

Driving and using machines
Paracetamol 500mg capsules are not expected to affect your ability to drive or operate machinery.

Crescent PHARMA LIMITED

Product:	Paracetamol 500mg Capsules (P)
Item Code:	P4003T
Size:	180 x 180 mm
Min. Point size:	8pt
O. Artwork	28/05/26
Proof No.	3
Amendment Date:	08/07/26

Colours Used	
	Process Black
	Keyline - does not print

180 mm

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3. How to take Paracetamol 500mg Capsules

Always take Paracetamol 500mg Capsules exactly as your doctor has told you.
- Do not take more than the recommended dose
- If you need to use this medicine for more than three days at a time, see your doctor

Adults, the elderly and children over 16 years:
- The usual dose of paracetamol is 2 capsules
- Swallow the capsules whole with a drink of water
- Wait at least 4 hours before taking another dose
- Do not take more than 4 doses in any 24-hour period

Children 10 -15 years of age:
Take One capsule every 4-6 hours when necessary to a maximum of 4 doses in 24 hours.

Children under 10
This medicine is not recommended for children under 10 years of age.

If you take more Paracetamol 500mg Capsules than you should
It is extremely important to follow the dosage instructions that have been given to you. DO not change your dose without discussing it with your doctor first. Symptoms of overdose include pallor (Paleness of skin), nausea, vomiting, anorexia and stomach pain. If you accidentally take more than recommended dose, or know someone who has, contact your doctor or nearest hospital casualty immediately. Take any remaining medicine and this leaflet with you if possible.
- **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.**
- **Remember to take any remaining capsules and the pack with you. This is so the doctor knows what you have taken.**

If you forget to take Paracetamol 500mg capsules
If you miss a dose, take it as soon as you remember. NEVER take a double dose to make up for the dose you have forgotten. Remember to leave at least 4 hours between doses.

4. Possible side effects

Like all medicines, Paracetamol 500mg Capsules can have side effects, although not everybody gets them. The following side effects may happen with this medicine:

Stop taking paracetamol and see a doctor or go to a hospital straight away if:
- you get swelling of the hands, feet, ankles, face, lips or throat which may cause difficulty in swallowing or breathing. You could also notice an itchy, lumpy rash (hives) or nettle rash (urticaria). This may mean you are having an allergic reaction to paracetamol.
- you get serious skin reactions. Very rare cases have been reported.

Tell your doctor or pharmacist if any of the following side effects gets serious or lasts longer than a few days:
- You get infections or bruise more easily than usual. This could be because of a blood problem (such as agranulocytosis, neutropenia or thrombocytopenia).

This side effect has only happened in a few people taking paracetamol. You may suffer an allergic reaction, symptoms of which include skin rashes and itching. If this happens to you, stop taking the capsules immediately and seek urgent medical help.

Frequency "Not known" (frequency cannot be estimated from the available data):
A serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2).

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the national reporting Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Paracetamol 500mg Capsules

- Keep this medicine out of the sight and reach of children.
- Do not store above 25°C, Store in the original package.
- Do not use Paracetamol 500mg Capsules after the expiry date shown on the package. The expiry date refers to the last day of that month.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. Contents of the pack and other information

What Paracetamol 500 mg Capsule contain
The active substance is paracetamol 500mg.
The other ingredients are starch 1500, magnesium stearate, sodium lauryl sulphate. The capsule shell is opaque red/white gelatin 100mg, containing as colours erythrosine (E127), patent blue V (E131), titanium dioxide (E171) and quinoline yellow (E104).

What Paracetamol 500mg Capsules look like and contents of the pack
Paracetamol 500mg Capsules are clean, oblong red and white capsule.
They are supplied in: cartons containing blister strips of 24 and 32 capsules. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer:
Crescent Pharma Ltd., Key House,
Sarum Hill, Basingstoke, RG21 8SR, UK.

This leaflet was last revised in July 2026.

Other sources of information: To listen to or request a copy of this leaflet in Braille, large print or audio please call, +44 1217901596 (UK only).

Please be ready to give the following information:

Product name	**Reference number**
Paracetamol 500mg Capsules	**PL 20416/0926**

P4003T

Pharmacode

Crescent PHARMA LIMITED

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