

## PARACETAMOL AND CODEINE

*par-ah-see-tah-mol and koe-deen*

### What does it do?

*Paracetamol* and *codeine* is used to treat and prevent mild to moderate pain.

### Before you start

- Tell your health professional if you have lung, bowel, liver, kidney or heart problems or have had a recent head injury.
- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.

### How should you take it?

Take the tablets and capsules as directed with a glass of water.  
Dissolve the effervescent tablets in water before taking.

### What if you forget a dose?

Should an occasional dose be missed it need not be taken later.

### Can you take other medicines?

*Paracetamol* and *codeine* are contained in a wide variety of pain relief and cough and cold medicines. Do not take other medicines that also contain *paracetamol* or *codeine*, unless you discuss this with a health professional.

Tell your pharmacist or doctor about all medicines or treatments that you may be taking including vitamins, herbal products (e.g. valerian) or recreational drugs.

### What side effects might you notice?

| Side Effects                        | Recommended action                           |
|-------------------------------------|--|
| Skin rash, skin peeling or blisters | Stop taking and see your doctor immediately  |
| Constipation                        | Tell your health professional                |
| Drowsiness                          | Tell your health professional if troublesome |
| Stomach upset                       | Take with food                               |

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- *Paracetamol* and *codeine* can be taken regularly or when required. If *paracetamol* and *codeine* is not relieving your pain contact your health professional.
- *Paracetamol* and *codeine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- Do not take more than the stated dose (usually up to a maximum of 8 tablets/capsules in 24 hours for adults). Taking too much *paracetamol* can cause liver failure.
- Codeine may be addictive with long-term use.