

MEDICHOICE OSTEO-CAPS

Active ingredient(s): *Paracetamol 665mg*

Consumer Medicine Information (CMI)

This leaflet provides important information about using MEDICHOICE OSTEO-CAPS 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 MEDICHOICE OSTEO-CAPS.**

Where to find information in this leaflet:

- [1. Why am I using MEDICHOICE OSTEO-CAPS ?](#)
- [2. What should I know before I use MEDICHOICE OSTEO-CAPS?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use MEDICHOICE OSTEO-CAPS?](#)
- [5. What should I know while using MEDICHOICE OSTEO-CAPS?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using MEDICHOICE OSTEO-CAPS?

MEDICHOICE OSTEO-CAPS contains the active ingredient paracetamol. This medicine is effective for the relief of persistent pain associated with:

- Osteoarthritis,
- Muscle aches and pains such as backache.

Paracetamol, the active ingredient in this medicine, is also used for the fast effective temporary relief of pain and discomfort associated with:

- Headache,
- Tension headache,
- Period pain,
- Toothache and pain after dental procedures,
- Colds and flu.

Paracetamol also reduces fever.

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

Your doctor or pharmacist may have recommended MEDICHOICE OSTEO-CAPS for another purpose. Ask your doctor or pharmacist if you have any questions about why MEDICHOICE OSTEO-CAPS has been recommended for you.

2. What should I know before I use MEDICHOICE OSTEO-CAPS?

Warnings

Do not take more than the recommended dose as it may cause serious harm to your liver.

Do not use MEDICHOICE OSTEO-CAPS if:

- You have an allergy to any medicine containing paracetamol.
- You have an allergy to any of the ingredients listed at the end of this leaflet.
- You are taking other prescription or non-prescription medicines containing paracetamol to treat pain, fever, symptoms of cold and flu, or to aid sleep.

Always read and follow the label.

Do not use this medicine after the expiry date printed on the pack 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.

If you are not sure whether you should start using MEDICHOICE OSTEO-CAPS, contact your doctor or pharmacist.

Check with your doctor or pharmacist if you:

- Have liver or kidney disease.
 - Are underweight or malnourished.
- Regularly drink alcohol. You may need to avoid using this product altogether or limit the amount of paracetamol that you take.
- You have a severe infection, are severely malnourished or are a chronic heavy alcohol user as this may increase the risk of metabolic acidosis. Signs of metabolic acidosis include:
 - deep, rapid, difficult breathing,
 - feeling sick (nausea), being sick (vomiting),
 - loss of appetite.

Contact a doctor immediately if you get a combination of these symptoms.

Please see your doctor if your symptoms do not improve.

Keep out of sight and reach of children.

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. Your doctor or pharmacist can discuss with you the risks and benefits involved.

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

Paracetamol may be used during pregnancy and if you are breastfeeding, but you should always consult your doctor first.

Consider taking the lowest effective dose for the shortest period of time.

If you have not told your doctor or pharmacist about any of the above, tell them before you use MEDICHOICE OSTEO-CAPS tablet.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicine. This includes any medicines, vitamins or supplements that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and paracetamol may interfere with each other. These include:

- 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
- Probenecid, a medicine used to treat gout or sometimes given with an antibiotic
- Cholestyramine, a medicine used to treat high cholesterol levels in the blood.

Your pharmacist and doctor will have more information on these and other medicines to be careful with or avoid while using this medicine.

Some medicines may be affected by MEDICHOICE OSTEO-CAPS or may affect how well it works. You may need to use different amounts of your medicine or take different medicines. Your doctor or pharmacist will advise you.

- Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect MEDICHOICE OSTEO-CAPS.

4. How do I use MEDICHOICE OSTEO-CAPS?

How much to take

- Adults and children aged 12 years and over:
Take 2 tablets three times a day, every six to eight hours as needed. Do not take more than 6 tablets in 24 hours.
Not recommended in children under 12 years.

Follow all directions given to you by your pharmacist or doctor carefully. They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your pharmacist or doctor for help.

Do not exceed the stated dose.

Use the smallest dose that you need to treat your symptoms and use the medicine for the shortest period of time necessary.

How to take MEDICHOICE OSTEO-CAPS

Swallow the tablets whole with water or other fluid.

Do not crush or chew the tablets. They can be taken with or without food.

Try to space the doses at equal intervals throughout the day.

How long to take MEDICHOICE OSTEO-CAPS

Adults and children aged 12 years and over:

Only take paracetamol for a few days at a time unless your doctor tells you to take it for longer.

MEDICHOICE OSTEO-CAPS should not be used by children under 12 years of age.

If you use too much MEDICHOICE OSTEO-CAPS

If you think that you have used too much MEDICHOICE OSTEO-CAPS, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (**by calling telephone Australia 13 11 26 or New Zealand 0800 766 764**), 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 MEDICHOICE OSTEO-CAPS?

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 MEDICHOICE OSTEO-CAPS.

Things you should not do

- Do not use for more than a few days at a time unless your doctor tells you to.
- Do not take more than the recommended dose unless your doctor tells you to.
- Do not use MEDICHOICE OSTEO-CAPS to treat any other complaints 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 MEDICHOICE OSTEO-CAPS affects you.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Drinking large quantities of alcohol whilst taking MEDICHOICE OSTEO-CAPS may increase the risk of liver side effects. Only drink small quantities of alcohol (beer, wine or spirits) while using MEDICHOICE OSTEO-CAPS.

Looking after your medicine

- Keep MEDICHOICE OSTEO-CAPS tablets in a cool, dry place where the temperature stays below 25°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 window sills.

Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it. A locked cupboard at least one and half metres above the ground is a good place to store medicines.

When to discard your medicine

If your doctor or pharmacist tells you to stop using MEDICHOICE OSTEO-CAPS or it has passed its expiry date, ask your pharmacist what to do with any that is left over. Return any unused medicine to your pharmacist.

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.

Serious/rare side effects

Serious side effects	What to do
<ul style="list-style-type: none">Shortness of breathWheezing or difficulty breathingSwelling of the face, lips, tongue or other parts of the body	Call your doctor straight away, or go straight to the Emergency

<ul style="list-style-type: none">Rash, peeling, itching or hives on the skin or mouth ulcersUnexplained bruising or bleeding	Department at your nearest hospital if you notice any of these serious side effects.
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Tell your doctor or pharmacist if you notice anything else that is 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 MEDICHOICE OSTEO-CAPS contains

Active ingredient (main ingredient)	paracetamol 665mg
Other ingredients (inactive ingredients)	pregelatinised starch, croscarmellose sodium, povidone, magnesium stearate, hypromellose, purified water, Instacoat Universal A05G14471 White.
Potential allergens	none

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

What MEDICHOICE OSTEO-CAPS looks like

MEDICHOICE OSTEO-CAPS is a white to off-white film coated capsule-shaped tablets debossed with '70' on one side and plain on other side.

Who distributes MEDICHOICE OSTEO-CAPS

Sponsor

Nova Pharmaceuticals Australasia Pty Ltd
Suite 305, 10 Norbrik Drive
Bella Vista, NSW 2153
Australia

Toll free (Australia): 1800 002 171

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