

Summary Product Characteristics (SPC)

1. Name of the medicinal product

Paracetamol 1000 mg Effervescent Tablets

2. Qualitative and quantitative composition

Each effervescent tablet contains;

Paracetamol BP.....1000 mg

For full list of excipients, see section 6.1

3. Pharmaceutical form

Effervescent Tablets

4. Clinical particulars

4.1 Therapeutic indications

Paracetamol has analgesic and antipyretic actions similar to those of aspirin and hence is a suitable alternative for patients sensitive to aspirin.

1) For the relief of mild to moderate pain and febrile conditions, e.g. headache, toothache, colds, influenza, rheumatic pain and dysmenorrhoea.

4.2 Posology and method of administration

Posology

Adults including the elderly and children over 16 years: One to two tablets every 4-6 hours as required, to a maximum of 8 tablets daily in divided doses.

Children 10-15 years: One tablet every 4-6 hours as necessary to a maximum of 4 doses in 24 hours.

Children under 10 years: Not recommended for children under 10 years of age. Alternative presentations of paracetamol are recommended for pediatric usage in order to obtain suitable doses of less than 500mg.

Method of

Administration For oral

administration.

4.3 Contraindications

- Hypersensitivity to the active substance or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

Where analgesics are used long-term (>3 months) with administration every two days or more frequently, headache may develop or worsen. Headache induced by overuse of analgesics (MOH medication-overuse headache) should not be treated by dose increase. In such cases, the use of analgesics should be discontinued in consultation with the doctor.

Care is advised in the administration of paracetamol to patients with alcohol

dependency (see section 4.9), severe renal or severe hepatic impairment. The hazards of overdose are greater in those with non-cirrhotic alcoholic liver disease.

Label Warnings:

Do not exceed the recommended
dose If symptoms persist consult
your doctor

Keep out of the reach and sight of children

Do not take with any other paracetamol-containing products.

Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage.

Or if leaflet present:

Immediate medical advice should be sought in the event of an overdose, even if you feel well.

4.5 Interaction with other medicinal products and other forms of interaction

- Anticoagulants - the effect of warfarin and other coumarins may be enhanced by prolonged regular use of paracetamol with increased risk of bleeding. Occasional doses have no significant effect.
- Metoclopramide – may increase speed of absorption of paracetamol.
- Domperidone – may increase speed of absorption of paracetamol.
- Colestyramine – may reduce absorption if given within one hour of paracetamol.
- Imatinib - restriction or avoidance of concomitant regular paracetamol use should be taken with imatinib.

4.6 Fertility, pregnancy and lactation

Pregnancy

A large amount of data on pregnant women indicates neither malformative, nor fetotoxicity. Epidemiological studies on neurodevelopment in children exposed to paracetamol in utero show inconclusive results. If clinically needed, paracetamol can be used during pregnancy however it should be used at the lowest effective dose for the shortest possible time and at the lowest possible frequency.

Breast-feeding

Paracetamol is excreted in breast milk but not in a clinically significant amount. Available published data do not contraindicate breast feeding.

4.7 Effects on ability to drive and use machines

Not known.

4.8 Undesirable effects

Adverse effects of Paracetamol are rare but hypersensitivity including skin rash may occur. There have been reports of blood dyscrasias including

thrombocytopenia, neutropenia, pancytopenia, leukopenia and agranulocytosis but these were not necessarily causality related to Paracetamol

Very rare cases of serious skin reactions have been reported.

Reporting of suspected adverse reactions: Healthcare professionals are asked to report any suspected adverse reactions via pharmacy and poisons board, Pharmacovigilance Electronic Reporting System (PvERS) <https://pv.pharmacyboardkenya.org>

4.9 Overdose

Liver damage is possible in adults who have taken 10g or more of Paracetamol. Ingestion of 5g or more of Paracetamol may lead to liver damage if the patient has risk factors (see below).

Risk Factors:

If the patient

A is on long term treatment with carbamazepine, phenobarbital, phenytoin, primidone, rifampicin, St John's Wort or other drugs that induce liver enzymes.

Or

B regularly consumes ethanol in excess of recommended amounts. Or

C is likely to be glutathione depleted e.g. eating disorders, cystic fibrosis, HIV, starvation, cachexia.

Symptoms

Symptoms of Paracetamol overdosage in the first 24 hours are pallor, nausea, vomiting, anorexia and abdominal pain. Liver damage may become apparent 12 to 48 hours after ingestion. Abnormalities of glucose metabolism and metabolic acidosis may occur. In severe poisoning, hepatic failure may progress to encephalopathy, haemorrhage, hypoglycaemia, cerebral oedema, and death. Acute renal failure with acute tubular necrosis, strongly suggested by loin pain, haematuria and proteinuria, may develop even in the absence of severe liver damage. Cardiac arrhythmias and pancreatitis have been reported.

Management

Immediate treatment is essential in the management of paracetamol overdose. Despite a lack of significant early symptoms, patients should be referred to hospital urgently for immediate medical attention.

Symptoms may be limited to nausea or vomiting and may not reflect the severity of overdose or the risk of organ damage. Management should be in accordance with established treatment guidelines, see BNF overdose section.

Treatment with activated charcoal should be considered if the overdose has been taken within 1 hour. Plasma paracetamol concentration should be measured at 4 hours or later after ingestion (earlier concentrations are unreliable). Treatment with N-acetylcysteine may be used up to 24 hours after ingestion of Paracetamol,

however, the maximum protective effect is obtained up to 8 hours post-ingestion. The effectiveness of the antidote declines sharply after this time. If required the patient should be given intravenous N-acetylcysteine, in line with the established dosage schedule. If vomiting is not a problem, oral methionine

may be a suitable alternative for remote areas, outside hospital. Management of patients who present with serious hepatic dysfunction beyond 24h from ingestion should be discussed with the NPIS or a liver unit.

5. Pharmacological properties

5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Other analgesics and antipyretics,

Anilides ATC code N02B E01

Paracetamol has analgesic and antipyretic properties but it has no useful anti-inflammatory properties.

Paracetamol's effects are thought to be related to inhibition of prostaglandin synthesis.

5.2 Pharmacokinetic properties

Absorption

Paracetamol is readily absorbed from the gastrointestinal

tract. Distribution

Peak plasma concentrations occur about 10 to 60 minutes after oral doses. Paracetamol is distributed into most body tissues. It crosses the placenta and is present in breast milk. Plasma-protein binding is negligible at usual therapeutic concentrations but increases with increasing concentrations.

Biotransformation

It is metabolized in the liver. A minor hydroxylated metabolite which is usually produced in very small amounts by mixed-function oxidizes in the liver and which is usually detoxified by conjugation with liver glutathione may accumulate following paracetamol overdose and cause tissue damage.

Elimination

It is excreted in the urine, mainly as the glucuronide and sulfate conjugates. The elimination half-life varies from about 1 to 4 hours.

5.3 Preclinical safety data

Conventional studies using the currently accepted standards for the evaluation of toxicity to reproduction and development are not available.

6. Pharmaceutical particulars

6.1 List of excipients

Also contains:

Citric Acid, Sodium bicarbonate, PVPK-30, Sodium Carbonate, Sodium Saccharin, Simethicone, Tween 80, Flavor Capsil Orange, Flavor IFF Orange, Sucralose, Boric acid, Sodium Benzoate.

6.2 Incompatibilities

Not known.

6.3 Shelf life

36 months

6.4 Special precautions for storage

Store in a dry, well-ventilated place at a temperature not exceeding 25°C. Protect from direct sunlight. Not to be swallowed directly. Replace the desiccant cap tightly after every use. Keep out of reach of children.

6.5 Nature and contents of container

4 Effervescent Tablets in a strip.

6.6 Special precautions for disposal and other handling

Not applicable.

7. Marketing authorization holder

Galaxy Pharmaceuticals Ltd.

1st Flr, Doctor's Parklands Avenue,
P.O. Box 39107-00623 Nairobi, Kenya

8. Marketing authorization number(s)

H2022/CTD9280/20772

9. Date of first authorization/renewal of the authorization

4th October 2021

10. Date of revision of the text

18th August 2026