

# **Paracetamol (Oral)**

Information on Paracetamol including Paracetamol uses, dosage and side effects.

## **What is Paracetamol used for?**

Paracetamol (also known as Acetaminophen) is used to relieve fever, headache, body-aches and pain in general.

## **How should I take/use Paracetamol?**

As there are different strengths and dosage forms for Paracetamol, please make sure to take it as recommended on the label. Do not take two products containing Paracetamol at the same time.

Do check with your healthcare professional if you are unsure of how to take the medicine.

Do not exceed the Paracetamol dosage recommended on the label as taking too much Paracetamol may cause a serious liver problem.

Paracetamol can be taken with or without food

## **What should I do if I forget to take/use Paracetamol?**

Paracetamol may be taken when needed to relieve fever or pain, it is not always necessary to take it regularly. Please check with your healthcare professional if you are unsure.

## **When taking Paracetamol, what precautions should I take?**

Inform your healthcare professional if:

- You are allergic to Paracetamol or any of the other ingredients of this medication
- You have liver disease or regularly drink large quantities of alcohol
- You have kidney disease
- You are taking any other medications, including supplements, traditional medications and herbal remedies.

## **What are some common Paracetamol side effects?**

Paracetamol is well tolerated with few reported side effects. Inform your healthcare professional if you experience any side effects that you think might be related to Paracetamol.

## **What are some rare but serious Paracetamol side effects that I need to seek medical advice immediately?**

Patients who overdose on Paracetamol may have an increased risk of liver problems. Signs of Liver problems include:

- Nausea, sudden weight loss, loss of appetite
- Yellowing of eyes and skin
- Unexplained bruising or bleeding

Paracetamol may also cause allergic reactions. The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these rare symptoms, you should stop taking Paracetamol and see your healthcare professional immediately.

If you experience the following symptoms, your condition may be too serious for self-treatment and you should consult a doctor:

- Ongoing fever even after 3 days of treatment
- Ongoing headache that lasts for more than 2 days
- No improvement in pain after 7 days of treatment
- Any of the above symptoms worsen after treatment

## **What food or medication should I avoid when I take Paracetamol?**

Check with your healthcare professional before taking Paracetamol if you are taking Warfarin or other similar medications to prevent blood clots.

## How should I store Paracetamol?

Store in a cool and dry place, away from direct sunlight. Keep Paracetamol away from children.

## How should I throw away Paracetamol safely?

Pack Paracetamol into a black trash bag and seal it tightly before throwing it into the rubbish chute or bin.

### Disclaimers

If you take more than the recommended Paracetamol dosage, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

*This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.*

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