

Panadol Osteo

Active ingredient(s): Paracetamol 500 mg

Consumer Medicine Information (CMI)

This leaflet provides important information about using Panadol Osteo. **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 Panadol Osteo.**

Where to find information in this leaflet:

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1. Why am I using Panadol Osteo?

Panadol Osteo contains the active ingredient paracetamol.

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

PANADOL OSTEO 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
- Cold and flu

Paracetamol also reduces fever.

2. What should I know before I use Panadol Osteo?

Warnings

Always read the label and follow the directions for use. Incorrect use could be harmful. If symptoms persist, see your healthcare professional.

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

Do not use Panadol Osteo if:

- you are allergic to paracetamol, or any of the ingredients listed at the end of this leaflet.

- Always check the ingredients to make sure you can use this medicine.
- you are taking any other prescription or non-prescription medicines containing paracetamol to treat pain, fever, symptoms of cold and flu, or to aid sleep.
- the expiry date printed on the pack has passed or if the packaging is torn or shows signs of tampering.

Check with your doctor or pharmacist if you:

- have or have had any other medical conditions such as liver or kidney problems
- 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.
- have a severe illness, severe infection including blood infection, are severely malnourished or are a chronic heavy alcohol user as this may increase the risk of metabolic acidosis (a blood and fluid abnormality).
Signs of metabolic acidosis include:
 - deep, rapid, difficult breathing
 - feeling sick (nausea), being sick (vomiting)
 - loss of appetite
 - drowsiness

Contact your doctor immediately if you think you may be affected.

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?](#)

If you are not sure whether you should start using this medicine, talk to your pharmacist or doctor

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

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

This product is suitable for breastfeeding.

3. What if I am taking other medicines?

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

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

- Warfarin or similar medicines used to thin the blood
- 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
- Flucloxacillin (an antibiotic), due to a serious risk of blood and fluid abnormality (metabolic acidosis)

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

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Panadol Osteo.

4. How do I use Panadol Osteo?

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.

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

Do not exceed the stated/recommended dose.

How much to take

Swallow with water or other fluid

Do not take more frequently than every 6 hours.

Do not suck, crush or chew the caplets because that may affect its sustained release properties. They can be taken with or without food.

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

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

Do not use in children under 12 years.

How long to use it

- Adults: Only take paracetamol for a few days at a time unless your doctor tells you to take it for longer.
- Children 12-17 years: Only give paracetamol to children for up to 48 hours unless a doctor has told you to give it for longer.

If you use too much Panadol Osteo

If you think that you have used too much Panadol Osteo, you may need urgent medical attention.

If you think that you or anyone else may have taken too much PANADOL OSTEO, you should immediately:

- phone the Poisons Information Centre
(**by calling 13 11 26 for Australia, 0800 764 766 for NZ**), or

- go to the Emergency Department at your nearest hospital.

Do this even if there are no signs of discomfort or poisoning because of the risk of delayed, serious liver damage/failure if left untreated.

5. What should I know while using Panadol Osteo?

Things you should do

See your doctor if your symptoms do not improve.

Remind any doctor, dentist or pharmacist you visit that you are using Panadol Osteo.

Things you should not do

Do not use PANADOL OSTEO to treat any other complaints unless your pharmacist or doctor tells you to.

Adults: Do not use for more than a few days at a time unless your doctor tells you to.

Children aged 12-17: Do not give Panadol Osteo for more than 48 hours unless a doctor has told you to

Driving or using machines

Be careful before you drive or use any machines or tools until you know how Panadol Osteo affects you.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

Only drink small quantities of alcohol (beer, wine or spirits) while using paracetamol.

Drinking large quantities of alcohol while taking paracetamol may increase the risk of liver side effects.

Looking after your medicine

Follow the instructions in the carton on how to take care of your medicine properly.

Store your medicine in a cool dry place where the temperature stays below 30°C.

Keep 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.

Keep your medicine in the original pack until it is time to take it.

Keep out of sight and reach of children.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

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?

Tell your pharmacist or doctor as soon as possible if you do not feel well while you are using PANADOL OSTEO.

This medicine helps most people with various types of pain but it may have unwanted side effects. All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following list of side effects. You may not experience any of them.

Ask you pharmacist or doctor to answer any questions you may have.

If any of the following happen, stop using the product and tell your pharmacist or doctor immediately or go to Accident and Emergency at your nearest hospital:

Serious side effects

Serious side effects	What to do
<ul style="list-style-type: none">• Shortness of breath• Wheezing or difficulty breathing• Swelling of the face, lips, tongue or other parts of the body	Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you

Serious side effects	What to do
<ul style="list-style-type: none"> • Allergic skin reactions such as rash, peeling, itching or hives • Mouth ulcers • Unexplained bruising or bleeding • Symptoms of metabolic acidosis which may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea), being sick (vomiting) and loss of appetite. 	<p>notice any of these serious side effects.</p>

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your doctor or pharmacist if you notice anything else that may be 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 Panadol Osteo contains

Active ingredient (main ingredient)	Paracetamol 500 mg
Other ingredients (inactive ingredients)	Hypromellose Starch-pregelatinised maize Povidone Croscarmellose sodium Magnesium stearate Stearic acid Glycerol triacetate Carnauba wax
Potential allergens	N/A

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

What Panadol Osteo looks like

PANADOL OSTEO caplets are a white, to off-white, film-coated capsule-shaped tablet with flat edges. They are marked "8" on one-side and are plain on the other side.

AUST R 260264

Who distributes Panadol Osteo

Haleon Australia

Level 48, 8 Parramatta Square,
10 Darcy Street, Parramatta NSW
2150 and Auckland, New Zealand

This leaflet was prepared in January 2026.