

FRONT

PATIENT INFORMATION LEAFLET

Veganin Tablets

Paracetamol 500 mg; Caffeine 30 mg; Codeine Phosphate 8 mg

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to use Veganin carefully to get the best results from it.

This medicine can only be used for the short term treatment of acute moderate pain which is not relieved by paracetamol, ibuprofen or aspirin alone.

You should only take this product for a maximum of three days at a time. If you need to take it for longer than three days you should see your doctor or pharmacist for advice.

This medicine contains codeine which can cause addiction if you take it continuously for more than three days. This can give you withdrawal symptoms from the medicine when you stop taking it.

If you take this medicine for headaches for more than three days it can make them worse.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist straightaway.

In this leaflet:

1. What Veganin is and what it is used for
2. Before you take Veganin
3. How to take Veganin
4. Possible side effects
5. Storing Veganin
6. Further information

1. What Veganin is and what it is used for

Veganin is for the short term treatment of acute moderate pain which is not relieved by paracetamol, ibuprofen or aspirin alone. It is suitable for the treatment of migraine, headache, rheumatic pain, period pain, toothache and neuralgia.

Veganin is a tablet containing paracetamol, caffeine and codeine phosphate. Paracetamol and Codeine are painkillers. Paracetamol also helps lower a high temperature and acts as a mild anti-inflammatory, to reduce swelling. Caffeine is a mild stimulant that causes wakefulness and increased mental activity. It can also help the effectiveness of paracetamol.

2. Before you take Veganin

This medicine contains codeine which can cause addiction if you take it continuously for more than three days. This can give you withdrawal symptoms from the medicine when you stop taking it.

If you take a pain killer for headaches for more than three days it can make them worse.

Do not use this medicine:

- if you are allergic (hypersensitive) to any of the ingredients of Veganin (see section 6)
- if you have asthma or very shallow breathing
- if you suffer from alcoholism
- if you have had surgery on your bile duct

- if you have a head injury or increased pressure in your skull
- if you are already taking a medicine containing paracetamol
- for a child younger than 12 years old.

Take special care with Veganin

Tell your doctor or pharmacist if:

- you have severe liver or kidney problems. The risk of overdose is higher if you have alcoholic liver disease
- you are elderly because you may be more likely to get some side effects (see section 4)
- you have prostate problems
- you have bowel problems, particularly those causing inflammation or blockage, or you have had recent bowel surgery.

If you have any of these conditions, your doctor or pharmacist will advise you about how best to use Veganin.

Taking other medicines

Before using Veganin, tell your doctor or pharmacist if you are taking any of the following:

- metoclopramide or domperidone - used to treat nausea and vomiting
- colestyramine - used to treat high cholesterol
- anti-coagulants (such as warfarin) - used to thin the blood. It is alright to take occasional doses of Veganin, but not if Veganin is required daily over a long period
- sedatives (also known as sleeping tablets) containing barbiturates
- certain medicines prescribed for depression (called MAOIs) or have been taking them in the last 2 weeks
- medicines for diarrhoea and tummy cramps as taking these at the same time as Veganin may make you constipated
- medicines such as atropine, procyclidene or hyoscine which are used to treat problems with gut movements. Taking these at the same time as Veganin may make you severely constipated and may make it difficult for you to pass urine
- some antihistamines which may be used in cough/cold remedies and anti-allergy products. Taking these at the same time as Veganin may make you severely constipated and may make it difficult for you to pass urine
- quinidine or mexiletine - used to regulate heart rhythm
- cimetidine - used to treat stomach ulcers
- naltrexone - used in the treatment of drug dependence.

If you are taking any of the following medicines, you may find the effectiveness of Veganin is reduced:

- oral contraceptives ('the pill')
- medicines used to treat epilepsy (anticonvulsants)

If you are unsure if any medicine you are taking is one of those mentioned above, check with your pharmacist.

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BACK

Alcohol

Do not drink alcohol while taking Veganin as it can make liver damage and breathing difficulties more likely and more serious.

Pregnancy and breast feeding

Ask your doctor or pharmacist for advice before taking Veganin if you are pregnant. You can take Veganin whilst breast-feeding.

Driving and using machines

Do not drive or operate machines if you feel drowsy or dizzy.

3. How to take Veganin

Do not exceed the stated dose.

Adults, elderly and children over 12 years: Swallow two tablets with water every 4-6 hours.

Do not take more than 8 tablets in 24 hours. If you have already taken another painkiller wait at least four hours before taking Veganin.

Do not take for more than 3 days. If you need to use this medicine for more than three days you must speak to your doctor or pharmacist.

Not recommended for children under 12 years of age.

If you use too much:

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. Your skin may feel cold and clammy and you may feel confused, dizzy, drowsy, nervous, restless, weak or light-headed, feel sick or be sick. You may notice visual disturbances, changes in your heart rate or breathing difficulties. You may even have a fit or become unconscious.

Special warnings about addiction:

This medicine contains codeine and can cause addiction if you take it continuously for more than three days. When you stop taking it you may get withdrawal symptoms. You should talk to your doctor or pharmacist if you think you are suffering from withdrawal symptoms.

4. Possible side effects

Some people may have side-effects when taking this medicine. If you have any unwanted side-effects you should seek advice from your doctor, pharmacist or other healthcare professional. Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side-effects via the internet at www.yellowcard.gov.uk; alternatively you can call Freephone 0800 100 3352 (available between 10am-2pm Monday - Friday) or fill in a paper form available from your local pharmacy.

If you get any of the following side-effects, you must stop taking Veganin and get medical help straight away:

- sweating, red face, allergic reactions such as a skin rash, itchy skin or swelling of the face. These may be the symptoms of a severe allergic reaction.
- These side-effects are less serious. If they bother you talk to a pharmacist or your doctor:
 - drowsiness, dizziness, headache, vertigo (a sense of spinning either of yourself or your surroundings), nervousness, irritability, blurred or double vision
 - stomach cramps, constipation, feeling sick (nausea), being sick (vomiting), dry mouth

- difficulty or pain in urinating, needing to pass urine more often, or passing less urine than usual
- palpitations (awareness of your heart beat)
- low blood pressure (often feeling faint or dizzy upon standing up). Rare: reports of blood disorders including low platelet count (making you slow to heal and bruise easily) and low white blood cell count (making you more likely to get infections)
- becoming used to the effects of Veganin (the same dose does not seem to work so well) and becoming dependent or addicted, especially with prolonged use
- seeing hearing or feeling things that are not real (hallucinations), nightmares and restlessness. These are rare.

How do I know if I am addicted?

If you take the medicine according to the instructions on the pack it is unlikely that you will become addicted to the medicine. However, if the following apply to you it is important that you talk to your doctor:

- you need to take the medicine for longer periods of time
- you need to take more than the recommended dose
- when you stop taking the medicine you feel very unwell but you feel better if you start taking the medicine again.

5. Storing Veganin

Do not store above 25°C. Keep the tablets in the original packaging. Keep out the reach and sight of children. Do not use Veganin after the date (month and year) printed after "EXP" on the box and blister strip. If the expiry date has passed, take the product back to your pharmacist for safe disposal.

6. Further information

What Veganin contains

The active substances are: Paracetamol 500 mg, Codeine phosphate 8 mg and Caffeine 30 mg in each tablet.

The other ingredients:

Maize starch, methylcellulose, povidone, talc, calcium stearate, hypromellose, polyethylene glycol and water.

What Veganin looks like and contents of pack

Veganin are white capsule shaped film-coated tablets supplied in a blister strip in a carton. There are 10 or 30 tablets in a pack.

Marketing Authorisation holder

Chefaro UK Ltd, 4th Floor, Hamilton House, Mabledon Place, Bloomsbury, London, WC1H 9BB, UK. Send all enquiries to this address.

Manufacturer

Wraffon Laboratories Ltd, Wraffon, Braunton, North Devon, EX33 2DL.

This medicinal product is authorised in the Member States of the EEA under the following names:

United Kingdom: Veganin Tablets
Republic of Ireland: Veganin Plus Tablets

Veganin is a Trade mark.

Date of leaflet approval: April 2010

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twoscompany

Design Studio Ltd

Client: Chefaro UK

Project: Veganin PIL

Contact: Andrea Sisneros

Job No: 5329

Size: 140 x 210mm

Date: 09/04/2010

Colours:				
	CYAN	MAGENTA	YELLOW	BLACK
	PMS 485	BLACK	PMS	PMS

Insert Perrigo
component number here

Please set artwork within hatched box.

Pharmacode Information

Text + Print free for Pharmacode (or printed white if foil board)

Pharmacode Positioning

Pharmacode dimensions (NOT TO SCALE)

1.5 mm
8 mm
1 mm
0.5 mm