

# Information about paracetamol



An Easy Read guide about paracetamol



### **What is this leaflet for?**

This leaflet is to help you understand more about your medicine.



### **What is the medicine called?**

This medicine is called paracetamol.

It comes as tablets or a liquid and can sometimes be found with other medicines, such as in Lemsip.



### **What is it for?**

People take paracetamol if they are in pain or have a high temperature.



### **Where do I get paracetamol from?**

Paracetamol can be bought from a supermarket or pharmacy. You can also get it from your doctor.



### **Be careful!**

Tell your doctor or pharmacist if you are taking any other medicines or if you are pregnant.



### **How do I take paracetamol?**

Take them with a glass of water.



Leave at least **4 hours** before taking more.

Don't take paracetamol more than **4 times a day**.



Don't take any other medicines containing paracetamol e.g. Lemsip. Check the packet for ingredients.



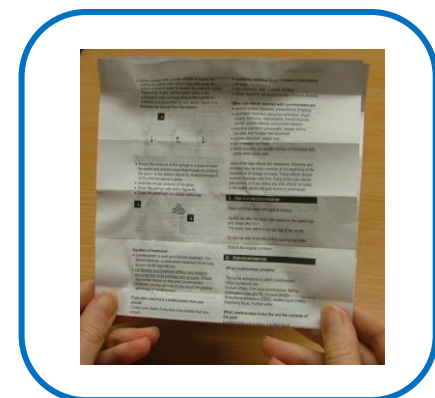
Talk to your doctor if you are still ill after 3 days.

Paracetamol takes about 15 minutes to 1 hour to start working. It lasts for 6 hours.



### **What should I do if I take too many (overdose)?**

If you think you have taken too many, tell your carer straight away and call a doctor or ambulance.



### **Where can I get more information?**

This leaflet does not tell you everything about paracetamol.

You can find more information by reading the packet or the leaflet that comes with the medicine.



If you want more information about paracetamol  
you can ask your pharmacist, doctor, nurse

or



you can phone the Hospital Medicines Helpline  
on **01270 273221**



Hospital Medicines Helpline  
Opening times

Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
✓	✓	✓	✓	✓	✗	✗



10.00am – 3.00pm