

UPHAMOL MENSTRUAL TABLET

Paracetamol/Pamabrom (500mg /25mg)

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What Uphamol Menstrual is used for

Uphamol Menstrual is used for symptomatic relief water-weight gain, bloating, swelling, headache, backache, muscular aches, pains and cramps associated with premenstrual and menstrual periods.

How Uphamol Menstrual works

Uphamol Menstrual contains paracetamol and pamabrom as active ingredients. Paracetamol works by relieving pain. Pamabrom acts as a diuretic by increasing urination.

Before you use Uphamol Menstrual

- When you must not take it

Do not take this medicine if you have an allergy to:

- Paracetamol
- Pamabrom
- any of the other ingredients listed at the end of this leaflet

Do not take this medicine if you:

- have liver failure
- have problem with urination
- are taking other products containing paracetamol

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering. If it has expired or is damaged, return it to your pharmacist for disposal.

- Before you start to use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have ever had any other health problems / medical conditions, including:

- liver disease
- kidney disease

- Taking other medicines

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

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

- Warfarin
- Any other diuretic

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to use Uphamol Menstrual

Follow all directions given to you by your doctor and pharmacist carefully.

These directions may differ from the information contained in this leaflet.

- How much to use

Adult and children aged 12 years and above:

Take 2 tablets every 4 to 6 hours. Do not take more than 8 tablets in 24 hours.

Uphamol Menstrual is not recommended for used in children below 12 years.

- When to use it

Take Uphamol Menstrual as your doctor has prescribed.

May be taken with or without food.

- How long to use it

Continue taking Uphamol Menstrual for as long as your doctor recommends.

- If you forget to use it

Take your dose as soon as you remember, and continue to take it as you would normally.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose that you missed. This may increase the chance of you getting an unwanted side effect.

- If you use too much (overdose)

Early symptoms (nausea, vomiting, and weakness) usually occur after ingestion of paracetamol overdose large enough to cause liver toxicity.

Immediately telephone your doctor for advice or go to Accident and Emergency (Casualty) at your nearest hospital if you think that you or anyone else may have taken too much Uphamol Menstrual.

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

While you are using it

- Things you must do

Tell all the doctors, dentists and pharmacists who are treating you that you are taking Uphamol Menstrual.

If you are about to start taking any new medicine tell your doctor and pharmacist that you are taking Uphamol Menstrual.

Tell your doctor if you are pregnant or breast feeding.

- Things you must not do

Do not take Uphamol Menstrual to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

- Things to be careful of

Do not take this medicine if you are allergic to paracetamol.

This preparation contains PARACETAMOL. Do not take any other paracetamol containing medicines at the same time.

Allergy alert: Paracetamol may cause severe skin reactions. Symptoms may include skin reddening, blisters or rash. These could be signs of a serious condition. If these reaction occur, stop use and seek medical assistance right away.

Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Ask for the advice of your doctor or pharmacist if you have any concerns about the effects of taking this medicine.

When taken in recommended doses, unwanted effects from Uphamol Menstrual are rare and usually mild.

Cutaneous hypersensitivity reactions including skin rashes, angioedema, Steven Johnson Syndrome / Toxic Epidermal Necrolysis have been reported.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

Storage and Disposal of Uphamol Menstrual

- Storage

Keep your medicine in its original packaging until it is time to take them.

If you take the tablets out of the pack, they may not keep well.

Keep your medicine in a dry place where the temperature will stay below 30°C.

Do not store your medicine, or any other medicine, in the bathroom or near a sink.

Keep it where children cannot reach it.

- Disposal

If your doctor or pharmacist tells you to stop taking this medicine or it has passed its expiry date, ask your pharmacist what to do with any medicine that is left over.

Product Description

- What it looks like

A light pink, oblong shape film coated tablet marked "CCM" on one side and plain on the other side.

- Ingredients

Active ingredient:

- Paracetamol
- Pamabrom

Inactive ingredients:

- Microcrystalline Cellulose 102
- Colloidal Silicon Dioxide
- Sodium Starch Glycolate
- Magnesium Stearate
- Opadry II Pink

- MAL number

MAL12025061X

Manufacturer

UPHA PHARMACEUTICAL MFG (M) SDN BHD (53667-M)
Lot 2&4, Jalan P/7, Section 13, Bangi Industrial Estate, 43650, Selangor Darul Ehsan

Product Registration Holder

CCM PHARMACEUTICALS SDN BHD (27754-W)
Lot 2&4, Jalan P/7, Section 13, Bangi Industrial Estate, 43650 Selangor Darul Ehsan

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