

# Paracetamol

## Overdose

Appropriate use of paracetamol is safe and effective. However, taking more than you should can damage the liver. The maximum dose of paracetamol for a normal-weight adult is

**4000 mg in 24 hours**

*E.g. 8 x 500mg tablets*

**Lower maximum doses apply to children and low-weight adults (less than 50kg)**

Always follow the instructions on the packaging

**Paramol<sup>®</sup>**    **Lemsip<sup>®</sup>**  
**Calpol<sup>®</sup>**    **Panadol<sup>®</sup>**  
**Co-codamol**  
**Nuramol<sup>®</sup>**    **Anadin Extra<sup>®</sup>**  
**Solpadeine<sup>®</sup>**

Branded products and other preparations may contain paracetamol. Always check the packaging to see if your painkiller contains paracetamol.



If you think you have taken too much, call NHS 111 or speak to your doctor, pharmacist or dentist. You may still be at risk of harm even if you do not have any symptoms.

For more information visit [www.nhs.uk/medicines](http://www.nhs.uk/medicines)

# Gorddos Parasetamol

Mae defnydd cywir o parasetamol yn ddiogel ac yn effeithiol.  
Fodd bynnag, gall cymryd gormod niweidio'r iau.  
Uchafswm parasetamol ar gyfer oedolyn pwysau cyffredin yw

## 4000 mg mewn 24 awr

*E.e. 8 x tabledi 500mg*

**Argymhellir uchafswm llai i blant neu oedolion  
sydd o dan bwysau cyffredin (llai na 50kg)**

Cofiwch wirio'r dos ar y pecyn

**Paramol<sup>®</sup>**    **Lemsip<sup>®</sup>**  
**Calpol<sup>®</sup>**    **Panadol<sup>®</sup>**  
**Co-codamol**  
**Nuramol<sup>®</sup>**    **Anadin Extra<sup>®</sup>**  
**Solpadeine<sup>®</sup>**

Gall brandiau a pharatoadau eraill  
gynnwys parasetamol. Gwiriwch y deunydd  
pacio bob amser i weld a yw'ch  
poenladdwr yn cynnwys parasetamol.



Os ydych chi'n meddwl eich bod wedi cymryd gormod, ffoniwch GIG 111  
neu siaradwch â'ch meddyg, fferyllydd neu ddeintydd. Gallwch fod mewn  
perygl hyd yn oed heb symptomau.

Am fwy o wybodaeth ewch i [www.nhs.uk/medicines](http://www.nhs.uk/medicines)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff  
Caerdydd



UK Health  
Security  
Agency

AWTTC  
All Wales Therapeutics & Toxicology Centre  
Canolfan Therapiwrig a Thoxicoleg Cymru Gyfan