

# Benefits

Paracetamol is used for pain relief and fever management. It helps alleviate pain in conditions like headaches, muscle pain, or dental pain.

# How It Works

Paracetamol functions as an analgesic (pain reliever) and antipyretic (fever reducer) by blocking specific chemical messengers responsible for causing pain and fever.

# Side Effects

Nausea, Vomiting, Insomnia (difficulty sleeping), Headache, Constipation, Itching

# Expert's Advice

- Take Paracetamol with food or milk to avoid stomach upset.
- Follow the prescribed dose and duration; prolonged use may lead to complications such as stomach bleeding and kidney issues.
- Avoid taking antacids within 2 hours of Paracetamol.
- Avoid alcohol while using Paracetamol to minimize stomach-related side effects.
- Inform your doctor if you have liver disease, as dosage adjustments may be necessary.
- For long-term use, your doctor may monitor liver and kidney function and blood components.

# Frequently Asked Questions

## Q. What if I vomit after taking Paracetamol?

If vomiting occurs within 30 minutes of a dose, retake the same dose. If it happens after 30 minutes, wait until the next scheduled dose.

## Q. When will I feel better after taking Paracetamol?

Effects are usually felt within 30 minutes.

## Q. How often can I take Paracetamol?

Limit to four doses within 24 hours, with a minimum of 4 hours between doses. Avoid taking it for more than 3 days without consulting a doctor.

## Q. Does Paracetamol make babies sleepy?

No, Paracetamol does not induce sleep; it mainly reduces pain and fever in children.

## Q. Is Paracetamol safe for children?

Yes, it is safe for children when used according to the doctor's instructions.

## Q. Is Paracetamol an antibiotic?

No, Paracetamol is not an antibiotic; it is a pain and fever reliever.

## Q. Can I take Paracetamol and ibuprofen together?

Though both are safe, they should generally not be taken together without medical advice.

**Q. How long does Paracetamol take to work?**

It typically begins working within 30–45 minutes. Consult your doctor if any side effects occur.

**Q. What are the risks of Paracetamol overdose?**

Overdosing can lead to severe liver damage, kidney injury, decreased platelet count, and possibly coma. Initial symptoms include nausea, vomiting, and fatigue. Seek immediate medical help in case of suspected overdose.