



Patients Name: _____

Health Professional Issuing this advice: _____

Advice for Patients who have been given a 2g loading dose of Paracetamol

You have been given a higher than normal dose of Paracetamol as a 'loading dose'. A loading dose is 2 grams of Paracetamol (or 4 X 500mg tablets).

A loading dose is given to increase the immediate effectiveness of the analgesic effect of Paracetamol and is quite safe. Giving a loading dose is not harmful in itself but it does mean that you must be extra careful not to exceed the total amount of Paracetamol recommended in a 24 hour period. If you take too much Paracetamol your liver may not be able to metabolise it efficiently and this could make you extremely unwell. Paracetamol overdose can lead to liver failure in some people and this is why you need to take careful note of this advice.

The health care professional treating you will have checked whether you have had Paracetamol already and will have taken this into consideration.

Once you have taken your loading dose of Paracetamol you should only take more Paracetamol at the times below as indicated.

Your loading dose of 2g Paracetamol was given at:.....

You can take 2 X 500 mg tablets of Paracetamol at: (8 hrs after loading)	You may take another 2 X 500mg Tablets of Paracetamol at: (16 hours after loading)	Do not take any more Paracetamol until at least: (24 hours after loading):

After you have taken the doses above you may continue to take Paracetamol in accordance with the instructions on the packet. **You should not exceed 4gm (8 X 500mg tablets daily)**

REMEMBER THAT SOME OTHER MEDICINES CONTAIN PARACETAMOL – PLEASE CHECK THE PACKET !

IT IS SAFE TO TAKE IBUPROFEN WITH PARACETAMOL – THEY ARE DIFFERENT TYPES OF MEDICINE

If you think you have taken too much Paracetamol you should contact your local Emergency Department for advice.

Signed..... Date.....