

GUIDELINES FOR MEDICINES CHECKED FOR PESACH 5786 – 2026

Introduction

The Kashrut Authority has once again conducted a comprehensive review of a wide range of prescription and over-the-counter medications to assist the community in preparing for Pesach. While halachah provides important leniencies for certain oral medications during Pesach, the Jewish People—“*holy and pure*”—have traditionally sought to avoid relying on leniencies wherever possible. This is especially true for mild conditions such as headaches, colds, or minor discomforts, where chametz-free alternatives are readily available.

For more serious medical conditions, many medications have chametz-free equivalents. However, **no substitution should ever be made without the explicit guidance of a qualified medical practitioner or pharmacist.** Medical safety always takes precedence, and any changes to treatment must be supervised.

Key Principles

- **Capsules, bitter tablets, and inedible pills** that may contain chametz are acceptable for Pesach.
- **Pleasant-tasting chametz medications** may be placed inside an empty capsule and swallowed. Empty vege capsules are widely available from pharmacies.
- **When uncertain**, placing a medication inside a capsule is generally advisable.
- **Pleasant-tasting chametz medications that cannot be encapsulated** should be discussed with your Rav or Rabbi Gutnick. Whatsapp on 0411657372
- **Non-food forms**—including creams, ointments, sprays, lotions, and suppositories—are all acceptable for Pesach.

General Medical Guidelines

- Medications for serious conditions—such as cardiac disease, diabetes, cancer, epilepsy, or mental illness—**must not be altered or discontinued** without medical approval.
- All medications should ideally be purchased **before Pesach**.
- **Inedible tablets and capsules** designed to be swallowed may be used even if they contain chametz.
- **Inhalers, nasal sprays, eye drops, and ear drops** that are inedible or unpleasant tasting are acceptable.

- **Chewable, flavoured, or liquid medications** may contain chametz and should be replaced with chametz-free alternatives when possible.
- If no substitute exists and there is any possibility of danger to life (*safek sakanah*), the medication **must be taken**, and halachic guidance should be sought regarding purchase timing and disposal.
- Pills that are normally swallowed whole may be **crushed on Shabbat or Yom Tov** for a child's use, provided dosage and potency are confirmed with a doctor or pharmacist.

Infant and Children's Medications

Certain infant drops and elixirs rely on halachic leniencies and should be kept separate from Pesach foods. Only the listed acceptable products should be used initially, as many other children's formulations contain actual chametz.

Halachic Notes

- **Kitniyot** is permitted in medications.
- Items marked **P** are chametz-free based on manufacturer information.
- Items marked **CH** contain chametz or possible chametz.
- Items marked **I** lack sufficient information.

Rabbi Gutnick maintains an extensive database of medication ingredients and is available for Pesach-related medication queries via the unique WhatsApp number at **+61 411 657 372**.

CATEGORISED MEDICATION LIST FOR PESACH 2026 (WITH SUBCATEGORIES)

1. Analgesics & Antipyretics

Paracetamol-based

- Panamax Tablets (**P**)
- Panadol Osteo (**P**)
- Panadol Optizorb (**P**)
- Panadol Extra Optizorb (**P**)
- Panadol Mini Caps (**P**)
- Panadol Colour Free Baby Drops (**P**)
- Panamax Elixir (**P**)
- APO Health Paracetamol 1 month–2 years (**P**)
- APO Health Paracetamol 1–5 years (**P**)

Ibuprofen-based

- Nurofen Tabs **(P)**
- Nurofen Caplets **(P)**
- Nurofen Cold & Flu **(P)**
- Chemists' Own Children's Ibuprofen **(P)**
- Advil Liquid Capsules **(CH)**
- Advil Tablets **(CH)**
- Nurofen Liquid Capsules **(CH)**

Combination Analgesics and other Opiodes

- Maxigesic **(P)**
- Mersyndol Day Strength **(P)**
- Mersyndol Forte **(P)**
- Mersynofen **(P)**
- Combigesic **(P)**
- Codapane Tabs **(P)**
- Codapane Forte **(P)**
- Gabapentin Capsules **(P)**
- Panadeine Caplets **(P)**
- Panadeine Extra **(P)**
- Panadeine Forte **(P)**
- Panadeine Rapid Soluble **(CH)**
- Nurofen Plus **(CH)**
- Vancocin Capsules **(P)**

NSAIDs

- Naprogesic **(P)**
- Naprosyn **(P)**
- Naprosyn SR **(P)**
- Ponstan **(P)**
- Voltaren Tabs **(P)**
- Voltaren EC Tabs **(CH)**
- Voltaren Rapid 12.5 **(P)**
- Voltaren Rapid 12.5 Liquid capsules **(CH)**
- Voltaren Rapid Extra Strength **(CH)**

Aspirin-based

- Cardiprin 100 **(P)**
- Aspro Tablets **(P)**
- Aspro Clear **(CH)**
- Aspirin Tablets DBL **(CH)**

- Aspalgin **(CH)**
 - Cartia (CH) this is the only enteric coated aspirin we could find. As such those who require aspirin as an anticoagulant should continue to take the cartia as the chametz component is certainly nullified. (If one wishes to be strict place the cartia in a capsule).
 - Alka Seltzer (all) **(CH)**
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2. Antibiotics & Anti-Infectives

Penicillins

- Amoxil Capsules **(P)**
- Amoxil Paediatric Drops (P)
- Amoxicillin Sandoz tablets (P)
- Amoxicillin Sandoz Capsules (P)
- Amoxicillin Sandoz Suspension (CHP)
- Augmentin Duo (P)
- Augmentin Duo Forte (P)
- Augmentin Duo 400 Suspension (P)
- Clamoxyl Duo / Duo Forte **(P)**
- Abbecillin V Suspension **(CH)**
- Abbecillin VK **(CH)**
- Alphamox Capsules **(CH)**
- Alphamox Syrup **(CH)**
- Cilicaine Suspension **(CH)**
- Cilicaine V Suspension **(CH)**

Cephalosporins

- Keflex **(P)**
- Ibilex Caps **(P)**
- Ibilex Powder **(P)**

Macrolides

- Kalixocin **(P)**
- Klacid Tabs **(P)**
- Roximycin **(P)**
- Rulide Tabs **(P)**
- APO Azithromycin **(P)**
- Azithromycin Sandoz **(P)**

Quinolones

- C-Flox **(P)**
- Ciproxin **(P)**
- Avelox **(P)**

Tetracyclines

- Doryx 50 mg **(CH)**
- Doryx 100 mg **(CH)**
- Doxycycline Sandoz **(P)**
- Doxycycline WGR **(P)**

Antifungals

- Canesoral Fluconazole **(P)**
- Lamisil Tablets **(P)**
- Nilstat Oral Caps **(CH)**
- Nilstat Oral Tablets **(P)**

Antivirals

- Baraclude **(P)**

Other Anti-infectives

- Fucidin Tablets **(P)**
- Budamax **(CH)**

3. Cardiovascular

ACE Inhibitors

- Accupril **(P)**
- Accuretic **(P)**
- Capace **(P)**
- Capoten Tablets **(P)**
- Captopril **(P)**

ARBs

- Atacand **(P)**
- Atacand Plus **(P)**
- Avapro **(P)**
- Avapro HCT **(P)**
- Karvea **(P)**
- Karvezide (all) **(P)**
- Micardis **(CH)**
- Micardis Plus **(CH)**

Beta-blockers

- Dilatrend **(P)**
- Inderal **(P)**
- Noten **(P)**
- Tenormin **(P)**
- Cardol **(CH)**
- Lopresor **(CH)**
- Minax **(CH)**

Calcium Channel Blockers

- Adalat Oros **(P)**
- Adalat **(P)**
- Adefin XL **(P)**
- Anpec **(CH)**
- Isoptin **(P)**
- Isoptin SR **(P)**
- Norvasc **(P)**
- Nordip **(P)**

Diuretics

- Lasix Tablets **(P)**
- Lasix Oral Solution **(CH)**
- Uremide **(P)**
- Urex **(P)**
- Urex M **(P)**
- Urex Forte **(CH)**

Nitrates

- Anginine **(CH)**

- Nitrolingual Spray (**P**)

Lipid/Hypertension -lowering Agents

- Crestor (**P**)
 - Cavstat (**P**)
 - Lipidil (**P**)
 - Lorstat (**P**)
 - Lipex (**CH**)
 - Lipitor (**CH**)
 - Trovas (**P**)
 - Mizart (**CH**)
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4. Gastrointestinal

Laxatives

- Actilax (**P**)
- Bisalax (**P**)
- Dulcolax (**P**)
- Normacol Plus (**P**)
- Osmolax (**P**)
- Glauber's Salt (**P**)

Antacids / Reflux

- Gaviscon Advance (**P**)
- Gaviscon Cool (**P**)
- Gaviscon Double Action (**P**)
- Eno Lemon (**CH**)
- Eno Regular (**CH**)

PPIs

- Nexium (*Tiny amount of possible Chametz nullified*)(**P**)
- Pariet (**CH**)

Antiemetics

- Maxolon Tabs (**P**)
- Pramin Tabs (**P**)

Other GI

- Motilium **(P)**
 - Entocort **(CH)**
 - Bonjela **(CH)**
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5. Mental Health

SSRIs

- Cipramil **(P)**
- Loxalate **(P)**
- Prozac Caps **(P)**
- Aropax **(CH)**

SNRIs

- Efexor Caps **(P)**
- Efexor XR **(P)**
- Pristiq **(P)**
- Enlifax XR **(P)**

TCA's

- Anafranil **(P)**
- Endep **(P)**
- Tofranil **(P)**
- Prothiaden Tablets **(CH)**

MAOIs

- Aurorix **(CH)**
- Parnate **(P)**

Antipsychotics

- Abilify **(P)**
- Clopine **(P)**
- Clozaril **(P)**
- Risperdal Oral Solution **(P)**
- Risperidone (Apotex) **(P)**

Benzodiazepines

- Alepam **(P)**
- Alodorm **(P)**
- Ativan **(P)**
- Antenex **(P)**
- Lexotan **(P)**
- Normison **(P)**
- Rivotril **(P)**
- Serepax **(P)**
- Valium **(P)**

Hypnotics

- Somidem **(P)**
 - Stilnox **(CH)**
 - Stilnox CR **(CH)**
 - Imoclone **(P)**
 - Imrest **(P)**
 - Circadin **(P)**
 - Melatonin Sandoz Sleep Aid **(P)**
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6. Antiepileptics

Sodium Valproate

- Epilim Crushable **(P)**
- Epilim EC **(CH)**
- Epilim Syrup **(CH)**
- Epilim Sugar Free Liquid **(CH)**

Carbamazepine

- Tegretol CR **(P)**
- Tegretol Tabs **(P)**
- Tegretol Suspension **(CH)**

Other

- Sabril Sachet **(P)**
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7. Hormones & Endocrine

Oral Contraceptives

- Brenda-35 ED (**P**)
- Brevinor (all) (**P**)
- Diane 35ED (**P**)
- Levlén ED (**P**)
- Microgynon (**P**)
- Norimin (**P**)
- Norinyl (**P**)
- Triphasil (**P**)

Steroids

- Panafcort (**P**)
- Predmix (**P**)

Other Hormones

- Angeliq (**P**)
 - Provera (**P**)
 - Provera High Dose (**CH**)
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8. Diabetes

Metformin-based

- Diabex (**P**)
- Diabex XR (**P**)
- Diaformin (**P**)
- Glucophage (**P**)
- Metformin (All) (**P**)

Combination

- Janumet (**P**)
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9. Respiratory & Allergy

Asthma

- Bricanyl Turbuhaler **(P)**
- Symbicort **(P)**
- Bricanyl Elixir **(CH)**

Antihistamines

- Aeries **(P)**
 - Allereze **(P)**
 - Claratyne Tablets **(P)**
 - Claratyne Repetabs **(P)**
 - Clarinase Repetabs **(P)**
 - Telfast Tabs **(P)**
 - Telfast Decongestant **(P)**
 - Claratyne Syrup **(CH)**
 - Avil Tablets **(CH)**
 - Zyrtec **(P)**
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10. Children's Medicines

Paracetamol

- Panadol Children Drops **(P)**
- Panamax Elixir **(P)**
- APO Health Paracetamol (1 month–2 years) **(P)**
- APO Health Paracetamol (1–5 years) **(P)**

Ibuprofen

- Chemists' Own Children's Ibuprofen **(P)**

Other Paediatric

- Infacol Wind Drops **(P)**
 - Konakion MM Paediatric **(P)**
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11. Urology / Men's Health

Androgen Blockers

- Androcur **(P)**
- Androcur 100 **(P)**

Prostate / Urinary

- Flomaxtra **(P)**
 - Urex **(P)**
 - Urex M **(P)**
 - Urex Forte **(CH)**
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12. Miscellaneous

Supplements

- Spatone Natural Iron **(P)**
- Karicare Food Thickener **(P)**

Topical / External

- Hydrogen Peroxide **(P)**
- Vaseline **(P)**

Other

- Milton Anti-Bacterial Solution **(P)**
- Bonjela **(CH)**