

# Povidyle Gargle

## Povidone-Iodine (2% w/v) Gargle – Detailed Information

### Composition and Ingredients

Each 100 ml of solution contains:

- **Povidone-Iodine (2% w/v):** A broad-spectrum antiseptic that releases free iodine to eliminate harmful microorganisms.
- **Excipients:** Purified water, flavoring agents, stabilizers, and pH-adjusting substances to ensure safe and effective use.

### Pharmacological Classification

- **Class:** Antiseptic and disinfectant
- **Category:** Broad-spectrum antimicrobial
- **Formulation:** Liquid solution for gargling and oral rinse

### Indications and Uses

Povidone-Iodine (2% w/v) gargle is used for:

1. **Throat and Oral Infections:**
  - Treats sore throat, pharyngitis, and tonsillitis caused by bacteria and viruses.
  - Helps manage laryngitis and throat irritation due to infections or environmental factors.
2. **Dental and Post-Surgical Care:**
  - Used as an oral rinse after dental extractions, root canal treatments, and oral surgeries to prevent infection.
  - Helps manage conditions like gingivitis, periodontitis, and stomatitis.
3. **Mouth Ulcers and Canker Sores:**
  - Aids in healing of ulcers and prevents secondary infections.
  - Provides pain relief by reducing inflammation and microbial activity.
4. **Halitosis (Bad Breath) Management:**
  - Eliminates odor-causing bacteria in the mouth.

- Helps maintain oral hygiene in individuals with chronic bad breath issues.

### 5. Cold and Flu Protection:

- Used as a preventive measure during flu outbreaks and viral infections.
- Reduces the viral load in the throat, potentially lowering transmission risk.

### 6. Post-Radiation Oral Care:

- Used in patients undergoing radiation therapy for head and neck cancers to prevent oral mucositis.

### 7. Professional and Clinical Use:

- Used by healthcare professionals before and after medical procedures involving the oral cavity.
- Recommended for individuals exposed to high-risk environments (hospitals, public spaces, etc.).

### Mechanism of Action

- **Releases Free Iodine:** Upon application, povidone-iodine slowly releases free iodine, which penetrates microbial cells and disrupts essential functions, leading to their destruction.
- **Broad-Spectrum Antimicrobial Action:** Effective against **bacteria, viruses, fungi, and protozoa.**
- **Prevents Microbial Resistance:** Unlike antibiotics, iodine-based antiseptics do not contribute to antimicrobial resistance.

### Dosage and Administration

- **For Adults and Children (Above 6 Years):**
  - Take **10-15 ml** of the solution undiluted or diluted with an equal amount of water.
  - Gargle for **30 seconds to 1 minute**, ensuring the solution reaches the back of the throat.
  - Spit out the solution after gargling; do not swallow.
  - Repeat **2 to 4 times daily**, or as advised by a healthcare provider.
- **For Children (Under 6 Years):**

- Should be used only under medical supervision.
- If necessary, dilution and supervised application can be done.
- **Missed Dose:**
  - If a dose is missed, use it as soon as possible.
  - Avoid using double doses to make up for a missed dose.
- **Mild Effects:**
  - Temporary brown staining of teeth (removable by brushing).
  - Slight burning sensation or irritation in the throat.
  - Nausea or altered taste.
- **Serious but Rare Reactions:**
  - Allergic reactions (rash, itching, swelling, difficulty breathing).
  - Thyroid dysfunction with prolonged use.
  - Iodine toxicity (extremely rare with proper use).

### *Precautions and Warnings*

- **Iodine Sensitivity:** Individuals allergic to iodine should avoid use.
- **Thyroid Disorders:**
  - Overuse can lead to **iodine absorption**, potentially affecting thyroid function.
  - Patients with **hyperthyroidism, Graves' disease, or iodine sensitivity** should consult a doctor before use.
- **Pregnancy and Breastfeeding:**
  - Use under medical supervision, as excessive iodine absorption may affect fetal or infant thyroid function.
- **Avoid Long-Term Use:**
  - Prolonged use may lead to excessive iodine intake and alter thyroid hormone levels.
- **Not for Swallowing:**
  - Ingestion may lead to iodine toxicity or stomach irritation.
- **Interactions with Other Medications:**
  - Avoid simultaneous use with **hydrogen peroxide, silver-containing products, or chlorhexidine**, as it may reduce effectiveness.
  - Patients taking **lithium** for psychiatric conditions should avoid frequent use, as iodine may interact with lithium therapy.
- **Children and Elderly Use:**
  - Supervise use in young children to prevent accidental swallowing.
  - Elderly patients should use with caution if they have thyroid disorders or kidney issues.

### *Possible Side Effects*

While generally well-tolerated, some individuals may experience:

### *Overdose and Toxicity*

- Overuse or accidental swallowing may cause:
  - Gastrointestinal discomfort (nausea, vomiting, diarrhea).
  - Electrolyte imbalances and metabolic disturbances in extreme cases.
  - Immediate medical attention is required in case of suspected overdose.

### *Storage Instructions*

- **Store at room temperature (below 30°C)**, away from direct sunlight and moisture.
- **Keep tightly closed** and out of reach of children.
- **Do not freeze.**
- **Check Expiry Date** before use and discard if the solution becomes cloudy or changes color.

### *Frequently Asked Questions (FAQs)*

#### **1. Can Povidone-Iodine Gargle be used daily?**

- Yes, it can be used daily for short-term treatment of sore throat or oral infections. However, long-term daily use should be avoided unless prescribed by a doctor.

#### **2. Does it kill viruses, including COVID-19?**

- Povidone-iodine is effective against a broad spectrum of viruses, including coronaviruses, but should be used as part of overall hygiene measures, not as a standalone treatment.

#### **3. Can it be used by individuals with diabetes?**

- Yes, but individuals with **diabetic oral ulcers** should consult their doctor before use.

#### 4. Can children use it?

- It is safe for children above **6 years** under supervision. For younger children, consult a doctor.

#### 5. Does it have any impact on taste?

- Some users may experience a mild iodine taste, which usually fades after rinsing with water.

#### 6. Can it be used for bad breath?

- Yes, it helps eliminate bacteria that cause bad breath (halitosis).

#### 7. Can I eat or drink immediately after using it?

- It is recommended to **wait at least 30 minutes** before eating or drinking for maximum effectiveness.

#### *Conclusion*

Povidone-Iodine (2% w/v) gargle is an **effective antiseptic** for treating sore throat, mouth infections, and post-surgical oral care. It provides rapid relief from **bacterial, viral, and fungal infections**, ensuring better oral hygiene. While safe for short-term use, **long-term use should be monitored** to prevent iodine-related complications. Always follow medical advice for proper use.

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

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