

IBUPROFEN

Ibuprofen film-coated tablet 200 mg

What is in this leaflet

Please read this leaflet carefully before you start IBUPROFEN.

This leaflet answers some common questions about IBUPROFEN.

It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking IBUPROFEN against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

What IBUPROFEN is used for

IBUPROFEN provides temporary relief of pain and reduces inflammation (swelling or redness) that may occur:

- in different types of arthritis including rheumatoid arthritis, osteoarthritis and juvenile rheumatoid arthritis
- in muscle and bone injuries such as sprains, strains, low back pain (lumbago), rheumatism, and tendonitis, such as tennis elbow
- from swelling and pain after setting broken or dislocated bones
- menstrual cramps (period pain)
- following surgery
- due to dental pain.

IBUPROFEN also relieves fever (high temperature).

Although IBUPROFEN can relieve the symptoms of pain and inflammation, it will not cure your condition.

IBUPROFEN contains the active ingredient ibuprofen. Ibuprofen belongs to a group of medicines called non-steroidal anti-inflammatory drugs (or NSAIDs).

Your doctor may have prescribed this medicine for another reason.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Many medicines used to treat headache, period pain and other aches and pains contain aspirin or NSAID medicines. If you are not sure if you are taking any of these medicines, ask your doctor or pharmacist

This medicine is available only with a doctor's prescription.

IBUPROFEN is not addictive.

Before you take IBUPROFEN

When you must not take it

Do not take IBUPROFEN if you have an allergy to:

- any medicine containing ibuprofen
- any of the ingredients listed at the end of this leaflet
- aspirin or any other NSAID medicine.

Some of the symptoms of an allergic reaction may include:

- asthma, wheezing or shortness of breath
- swelling of the face, lips, tongue which may cause difficulty in swallowing or breathing
- hives, itching or skin rash.
- stomach ache, fever, chills, nausea and vomiting
- fainting

If you are allergic to aspirin or NSAID medicines and take IBUPROFEN, these symptoms may be severe.

Do not take IBUPROFEN if you are in your third trimester of pregnancy.

It may affect your developing baby if you take it during this time.

Do not take IBUPROFEN if you have (or have previously) vomited blood or material that looks like coffee grounds.

Do not take IBUPROFEN if you are (or have previously) bled from the rectum (back passage), have black sticky bowel motions (stools) or bloody diarrhoea.

Do not take IBUPROFEN if you have a condition resulting in an increased tendency to bleed.

Do not take IBUPROFEN if you have a peptic ulcer (i.e. stomach or duodenal ulcer), a recent history of one, or have had peptic ulcers before.

Do not take IBUPROFEN if you have, or have a history of, ulcerative colitis or Crohn's disease.

Do not take IBUPROFEN if you have severe heart failure, liver failure or kidney disease.

Do not give this medicine to a child under the age of 7 years.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to any other medicines, including aspirin or other NSAID medicines, foods, preservatives or dyes.

Tell your doctor if you are pregnant or plan to become pregnant or are breastfeeding or plan to breastfeed.

Like most NSAID medicines, IBUPROFEN is not recommended while you are pregnant or breastfeeding.

Tell your doctor if you have or have had any of the following medical conditions:

- heart disease or high blood pressure
- diabetes
- heart failure
- swelling of ankles or feet
- heartburn, indigestion, stomach ulcer or any other stomach problems
- bowel or intestinal problems
- vomiting blood or bleeding from the rectum (back passage)
- severe skin reactions such as Stevens-Johnson syndrome
- chicken pox
- asthma or hay fever
- other difficulties with breathing
- runny or blocked nose, sneezing, facial pressure or pain
- nasal polyps
- visual disturbances
- liver or kidney disease
- tendency to bleed or other blood problems
- aseptic meningitis
- if you drink alcohol
- if you feel dehydrated

- If you are a current smoker
- high cholesterol.

Tell your doctor if you currently have an infection.

If you take IBUPROFEN while you have an infection, it may hide some of the signs and symptoms of an infection. This may make you think, mistakenly, that you are better or that it is not serious.

Tell your doctor if you plan to have surgery.

If you have not told your doctor about any of the above, tell them before you start taking IBUPROFEN.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including medicines that you buy without a prescription from your pharmacy, supermarket or health food shop.

You should also tell any health professional who is prescribing a new medication for you that you are taking IBUPROFEN.

Some medicines may interfere with IBUPROFEN. These include:

- aspirin, salicylates or other NSAID medicines
- warfarin, clopidogrel or other medicines used to prevent/stop blood clots
- medications that thin the blood
- lithium, a medicine used to treat changes in mood and some types of depression
- medicines used to treat depression (SSRIs) such as fluoxetine
- medicines used to treat high blood pressure or other heart conditions
- diuretics, also called fluid tablets, medicines that increase the production of urine
- methotrexate, a medicine used to treat arthritis and some types of cancer
- corticosteroids used for inflammatory conditions, such as prednisone or cortisone

- medicines used to treat heart failure or irregular heart beats such as digoxin
- ciclosporin or tacrolimus, medicines used to treat certain problems with the immune system or to help prevent organ transplant rejection
- aminoglycosides, medicines used to treat certain infections
- ginkgo biloba, a herbal medicine used to improve memory
- quinolone antibiotics, medicines used to treat certain infections
- zidovudine, a medicine used to treat HIV
- cholestyramine, a medicine used to treat high cholesterol
- sulfonylureas, medicines to treat diabetes
- medicines used to treat certain fungal infections such as voriconazole or fluconazole
- mifepristone, a medicine used to terminate a pregnancy.

These medicines may be affected by IBUPROFEN or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to take IBUPROFEN

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

How much to take

Your doctor will tell you how many IBUPROFEN tablets to take each day and when to take them.

Adults

The usual dose of IBUPROFEN is 1200 mg to 1800 mg daily. This dose may be increased for short periods of time, in severe conditions, up to a maximum dose of 2400 mg daily.

It is usual for elderly patients to be prescribed a smaller dose of IBUPROFEN than younger adult patients.

Period pain

The usual dose of IBUPROFEN tablets is 400 mg to 800 mg at the first sign of menstrual bleeding. Then, 400 mg every 4 to 6 hours as necessary. Do not take more than 1600 mg in one day.

Children

The dose of IBUPROFEN will depend on the age and weight of your child, and their illness. Your doctor will tell you how much IBUPROFEN to give your child.

IBUPROFEN film coated tablets are not recommended for children under 7 years of age.

How to take it

Swallow the tablets whole with a full glass of water with or without food.

It does not matter if you take this medicine before or after food. Taking with food may help reduce the possibility of an upset stomach.

When to take it

Take your medicine at about the same time(s) each day.

Taking it at the same time(s) each day will have the best effect. It will also help you remember when to take it.

How long to take it

Do not take IBUPROFEN for longer than your doctor says.

Depending on your condition, you may need IBUPROFEN for a few days, a few weeks or for longer periods.

As with other NSAID medicines, if you are taking IBUPROFEN for arthritis, it will not cure your condition but it should help to control pain, swelling and stiffness.

It usually begins to work within a few hours but several weeks may pass before you feel the full effects of the medicine. If you have arthritis, IBUPROFEN should be taken every day for as long as your doctor prescribes.

For menstrual cramps (period pain), IBUPROFEN is usually taken at the first sign of pain or menstrual bleeding (whichever comes first). Treatment should be continued for a few days until the pain goes away.

Taking Ibuprofen for a long time at higher than recommended dose or overdosing may result in problems with your kidneys and low potassium levels in your blood. **If you are not sure how long to take your IBUPROFEN, talk to your doctor or pharmacist.**

If you forget to take it

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

While you are using IBUPROFEN

Things you must do

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking IBUPROFEN.

Tell any other doctors, dentists, and pharmacists who treat you that you are taking this medicine.

If you are going to have surgery, tell the surgeon or anaesthetist that you are taking this medicine. It may affect other medicines used during surgery. NSAID medicines can slow down blood clotting.

If you become pregnant while taking this medicine, tell your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking this medicine. It may interfere with the results of some tests.

If you get an infection while taking IBUPROFEN, tell your doctor. IBUPROFEN may hide some of the signs of an infection and may make you think mistakenly, that you are better or that it is not serious. Signs of an infection may include fever, pain, swelling and redness.

Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed. Otherwise your doctor may think that it was not effective and change your treatment unnecessarily.

Tell your doctor if you feel the medicine is not helping your condition. This will help your doctor to determine the best treatment for you.

If you have a history of stomach or intestinal disease and experience any unusual stomach (abdominal) symptoms or pain, tell your doctor straight away.

Keep all your doctor's appointments so that your progress can be checked.

Things you must not do

Do not take any other medicines to relieve pain and reduce

inflammation while you are taking IBUPROFEN without first telling your doctor. These include:

- aspirin (also called acetylsalicylic acid)
- other medicines containing ibuprofen, the active ingredient in IBUPROFEN
- any other NSAID medicine.

Do not take IBUPROFEN to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

Do not stop taking your medicine or lower the dosage without checking with your doctor.

Things to be careful of

Be careful driving or operating machinery until you know how IBUPROFEN affects you.

This medicine may cause dizziness, drowsiness, fatigue and visual disturbance in some people. If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous. Children should be careful when riding bicycles or climbing trees

Be careful when drinking alcohol while you are taking this medicine.

If you drink alcohol, certain side effects may be worse.

In case of overdose

If you take too much (overdose)

Immediately telephone your doctor or the National Poisons Centre (telephone 0800 POISON or 0800 764 766), or go to Accident and Emergency at your nearest hospital, if you think that you or anyone else may have taken too much IBUPROFEN. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

If you take too much IBUPROFEN you may:

- feel sick or vomit;
- have stomach pain;
- have convulsions;
- have a slow or fast heartbeat;
- have ringing in your ears;
- feel drowsy;
- feel dizzy or even become unconscious.
- vomit blood or material that looks like coffee grounds;
- bleed from the rectum (back passage), black sticky bowel motions (stools) or bloody diarrhoea.
- have a headache and/or experience rapid, uncontrollable movements of the eyes.
- headache
- sleepiness or drowsiness
- dizziness
- buzzing or ringing in the ears or other trouble hearing
- runny or stuffy nose
- sleeplessness (insomnia)
- feeling tired (fatigue)
- A rash that always appears in the exact same spot on your skin (fixed eruption)

The above list includes side effects that are usually mild.

Tell your doctor immediately if you notice any of the following:

- changes in mood, for example depression, confusion, nervousness
- severe pain or tenderness in the stomach
- eye problems such as blurred vision, loss of vision or sore red eyes or itching
- signs of frequent or worrying infections such as fever, severe chills, sore throat or mouth ulcers
- bleeding or bruising more easily than normal, reddish or purplish blotches under the skin
- signs of anaemia, such as tiredness, headaches, being short of breath, and looking pale
- yellowing of the skin and/or eyes, also called jaundice
- dark coloured urine
- unusual weight gain, swelling of ankles or legs
- tingling of the hands and feet
- symptoms of sunburn (such as redness, itching, swelling, blistering) which may occur more quickly than normal.
- severe or persistent headache
- fast or irregular heartbeats, also called palpitations
- hallucinations.

The above list includes serious side effects that may require medical attention.

If any of the following happen, stop taking IBUPROFEN and tell your doctor immediately or go to

Overdosing may result in problems with your kidneys and low potassium levels in your blood.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking IBUPROFEN.

This medicine helps most people with pain and inflammation, but it may have unwanted side effects in a few people.

If you are over 65 years of age you may have an increased chance of getting side effects.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- nausea or vomiting
- loss of appetite
- heartburn or pain in the upper part of your stomach
- cramps, wind, constipation or diarrhoea

Accident and Emergency at your nearest hospital:

- vomiting blood or material that looks like coffee grounds
- bleeding from the back passage, black sticky bowel motions (stools) or bloody diarrhoea
- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing
- asthma, wheezing, shortness of breath,
- chest pain/tightness
- sudden or severe itching, skin rash, hives
- severe blisters and bleeding in the lips, eyes, mouth, nose and genitals (Stevens Johnson Syndrome)
- fever, generally feeling unwell, nausea, stomach ache, headache and stiff neck, extreme sensitivity to bright light
- severe skin rash with fever
- pustules (boils and abscesses) on the skin
- fever, rash, lymph node enlargement,
- convulsions.

IBUPROFEN may be associated with an increased risk of heart attack (myocardial infarction) or stroke.

Blood disorders and kidney problems may occur with IBUPROFEN.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Other side effects not listed above may occur in some people. Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

After using IBUPROFEN

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 30°C.

Do not store IBUPROFEN or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like

IBUPROFEN 200 mg tablets are white, circular tablets with "IBU 200" embossed on one side and plain on the other side.

Ingredients

Active ingredient:

IBUPROFEN tablets contain 200 mg of ibuprofen as the active ingredient.

Inactive ingredient(s):

IBUPROFEN also contains:

- colloidal silica anhydrous
- maize starch
- stearic acid.
- hypromellose
- titanium dioxide
- polyethylene glycol.

If you want to know more

Should you have any questions regarding this product, please contact your pharmacist or doctor.

Who supplies this medicine

IBUPROFEN is supplied in New Zealand by:

Viatrix Ltd
PO Box 11-183
Ellerslie
AUCKLAND
www.viatrix.co.nz
Telephone 0800 168 169

Date of Information

19 February 2025
(based on datasheet dated 19 February 2025).