



Contains Ibuprofen

INFORMATION FOR THE USER

Read all of this leaflet carefully because it contains important information for you. This medicine is available without prescription. However, you still need to use Nurofen Express 256mg Caplets carefully to get the best results from them.

Keep this leaflet. You may want to read it again.

If you have any further questions after you have read it, ask your doctor or pharmacist.

You must contact a doctor if your symptoms worsen or do not improve after 3 days for children and adolescents between 12 and 18 years and after 10 days for adults.

If any side effects get serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

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1. What Nurofen Express 256mg Caplets are and what they are used for

The active ingredient (which makes this medicine work) is ibuprofen. It belongs to a group of medicines known as non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs provide relief by changing the body's response to pain, swelling, and high temperature. Nurofen Express 256mg Caplets are used for the relief of fever and mild to moderate pain, such as :

- Headaches and migraine pain
- Neuralgia, Backache, period pain, rheumatic and muscular pain
- Cold and Flu symptoms, sore throat

2. Before taking Nurofen Express 256mg Caplets

Do not take Nurofen Express 256mg Caplets if you:

- are allergic to ibuprofen or any of the other ingredients (see section 6) or to aspirin or other painkillers
- have (or have had two or more episodes of) a stomach ulcer, perforation or bleeding
- have had a worsening of asthma, skin rash, itchy runny nose or facial swelling when previously taking ibuprofen, aspirin or similar medicines
- have had gastrointestinal bleeding or perforation when previously taking NSAIDs (Non-steroidal anti-inflammatory drugs)
- are taking other NSAID painkillers or more than 75mg aspirin a day
- have severe liver or kidney problems
- have heart problems, high blood pressure or blood coagulation disorder.
- have breathing difficulties
- are in the last 3 months of pregnancy
- are under 12 years old.

Check with your pharmacist or your doctor before taking this product if you:

- have or have had asthma
- have kidney, heart, liver or bowel problems
- have high cholesterol or previously have had a heart attack or stroke
- have a history of gastrointestinal disease (such as ulcerative colitis, Crohn's disease)
- have Systemic Lupus Erythematosus (a condition of the immune system causing joint pain skin changes and other organ disorders)
- are a smoker
- are in the first 6 months of pregnancy.
- are on a diet restricting your salt intake.

Taking other medicines

Nurofen may affect or be affected by some other medicines. For example:

Avoid taking this product with corticosteroid tablets, quinolone antibiotics or drugs that are prescribed

- medicines that are anti-coagulants (i.e. thin blood/prevent clotting e.g. aspirin/acetylsalicylic acid, warfarin, ticlopidine),
- To stimulate your heart (e.g. glycosides),
- medicines that reduce high blood pressure (ACE-inhibitors such as captopril, beta-blockers such as atenolol medicines, angiotensin-II receptor antagonists such as losartan)
- To help you passing water (diuretics),
- For the temporary suppression of your immune system (e.g. methotrexate, ciclosporine, tacrolimus)
- For mania or depression (e.g., Lithium or SSRIs)
- For pregnancy termination (e.g., mifepristone)
- For HIV treatment (e.g., zidovudine)

Some other medicines may also affect or be affected by the treatment of Nurofen. You should therefore always seek the advice of your doctor or pharmacist before you use Nurofen with other medicines.

Other warnings

- Nurofen Express 256mg Caplets belongs to a group of medicines which may **impair fertility in women**. This is reversible on stopping the medicine. It is unlikely that Nurofen Express 256mg Caplets, used occasionally will affect your chances of becoming pregnant. However, tell your doctor before taking this medicine if you have problems becoming pregnant.
- Anti-inflammatory/pain-killer medicines such as ibuprofen may be associated with a small increased risk of heart attack or stroke, particularly when used at high doses. Do not exceed the recommended dose or duration of treatment.
- You should discuss your treatment with your doctor or pharmacist before taking Nurofen if you:
 - have heart problems including heart failure, angina (chest pain), or if you have had a heart attack, bypass surgery, peripheral artery disease (poor circulation in the legs or feet due to narrow or blocked arteries), or any kind of stroke (including 'mini-stroke' or transient ischaemic attack 'TIA').
 - have high blood pressure, diabetes, high cholesterol, have a family history of heart disease or stroke, or if you are a smoker.
- There is a risk of kidney problems in dehydrated children and adolescents.

Pregnancy and breast feeding

Do not take in the last 3 months of pregnancy or if you are breastfeeding.

Speak to your doctor if you are in the first 6 months of pregnancy.

Important Information about some of the Ingredients of Nurofen Express 256mg Caplets

Each caplet contains approximately 1.06 mmol of sodium. This quantity is equivalent to 24.3 mg of sodium. To be taken into consideration by patients on a controlled sodium diet.

This product contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Nurofen Express 256mg Caplets

This product is for short term use only. You should take the lowest dose for the shortest time necessary to relieve your symptoms.

Adults, the elderly and children & adolescents between 12 and 18 years:

Take 1 or 2 caplet with water, up to three times a day as required. Leave at least four hours between doses. Do not take more than 6 caplets in 24 hours.

Do not give to children under 12 years.

In children and adolescents between 12 and 18 years: If in children and adolescents this medicinal product is required for more than 3 days, or if symptoms worsen a doctor should be consulted.

In adults:

Do not take for longer than 10 days unless your doctor tells you to. If symptoms persist or the pain worsens, or if any new symptoms occur, consult your doctor or pharmacist.

If you take more Nurofen Express 256mg Caplets than you should, you may feel drowsy or nauseous. You should seek immediate medical advice in the event of an overdose, even if you feel well.

If you forgot to take Nurofen Express 256mg Caplets.

Simply refer to the directions above on how to take the medicine and do not take more than is advised.

4. Possible side effects

Nurofen Express 256mg Caplets are generally well tolerated by most people. However side effects may occur.

STOP TAKING the medicine and seek immediate medical help if you develop:

- **signs of intestinal bleeding** such as: bright red faeces (stools/motions), black tarry stools, vomiting blood or dark particles that look like coffee grounds.
- **signs of serious allergic reaction** such as:
 - difficulties in breathing or unexplained wheezing
 - dizziness or faster heartbeat,
 - severe forms of skin reactions such as itchiness, skin rash with redness, peeling, flaking or blistering (e.g. Steven-Johnson syndrome)
 - swelling of your face, tongue or throat
- **signs of kidney problems** such as:
 - passing less or more urine
 - cloudy urine or blood in urine
 - pain in the back and/or swelling (particularly in the legs)
- **signs of aseptic meningitis** with neck stiffness, headache, feeling sick, being sick, fever or consciousness. Patients with autoimmune disorders (Lupus, mixed connective tissue disease) may be more likely to be affected.

STOP TAKING the medicine and tell your doctor if you experience the following uncommon side effects:

- indigestion, heartburn or feeling sick
- pains in your stomach (abdomen) or other abnormal stomach problems

TELL YOUR DOCTOR if you have any of the following side effects, they become worse or you notice any effects not listed:

Uncommon

- allergic reactions, such as skin rashes (urticaria), itching, peeling
- headaches

Rare

- flatulence (wind), diarrhoea, constipation and vomiting

Very rare

- blood disorder resulting in unexplained or unusual bruising or bleeding, fever, sore throat, mouth ulcers, flu-like symptoms and severe exhaustion
- drop in blood pressure or irregular heart beat
- stomach or intestinal ulcers, sometimes with bleeding and perforation, inflammation of the lining of the mouth with ulceration (ulcerative stomatitis), inflammation of the stomach (gastritis)
- liver problems

Side effects for which the frequency cannot be estimated from available data:

- worsening of asthma or bronchospasm
 - swelling (oedema), high blood pressure, heart failure or attack
 - worsening of colitis and Crohn's disease
- Medicines such as Nurofen Express 256mg Caplets may be associated with a small increased risk of heart attack ('myocardial infarction') or stroke. (See Section 2 Other warnings.)

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard

By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Nurofen Express 256mg Caplets

Keep all medicines out of the sight and reach of children.

Do not use after the expiry date stated on the carton after EXP. The expiry date refers to the last day of that month. Store in the original pack.

6. Further Information

Each caplet contains the active ingredient Ibuprofen 200mg (as Sodium Ibuprofen 256mg). Also contains: Croscarmellose sodium, Xylitol, Microcrystalline cellulose, Magnesium stearate, Colloidal anhydrous silica, Carmellose sodium, Talc, Acacia spray dried, Sucrose, Titanium dioxide (E171), Macrogol 6000 powder, and Black ink (contains shellac, iron oxide black (E172) and propylene glycol). Nurofen Express 256mg Caplets are available in packs of 12 and 16 white, capsule-shaped caplets printed with an identifying black logo. Manufactured by Reckitt Benckiser Healthcare International, 1 Thane Road West, Nottingham NG90 2DB. Product licence number: PL 0063/0374. Licence holder : Reckitt Benckiser Healthcare (UK) Ltd, Hull, HU8 7DS. Date of revision: August 2015