



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

Period Pain carefully to get the best results from it. 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.

In this leaflet:

1. What Nurofen Express Period Pain is and what it is used for
2. Before you take Nurofen Express Period Pain
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1. What Nurofen Express Period Pain is and when it is used for

The active ingredient (which makes the medicine work) is ibuprofen. It belongs to a group of medicines known as non-steroidal anti-inflammatory drugs (NSAIDs). Nurofen Express Period Pain is used for the relief from period pain and associated symptoms:

- Cramps
- Muscular pain
- Backache
- Headache and migraine pain.

When a 400mg dose (2 soft capsules) is taken, the pain relieving effects can last for up to 8 hours.

2. Before taking Nurofen Express Period Pain

Do not take Nurofen Express Period Pain 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

Taking other medicines

To reduce the risk of side effects, do not take this product with other NSAID containing products (e.g., aspirin, ibuprofen...)

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, ciclosporin, 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 Period Pain 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 Period Pain, 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 renal impairment 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 Period Pain

This medicine contains

- 50.5 mg of sorbitol per dose, a source of 12.6 mg of fructose per dose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product
- Ponceau 4R (E124) which may cause allergic reactions.
- This medicine contains 14 mg potassium per capsule. To be taken into consideration by patients with reduced kidney function or patients on a controlled potassium diet.

3. How to take Nurofen Express Period Pain

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 capsules with water; up to three times a day as required. Leave at least four hours between doses. Do not take more than 6 capsules 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 Nurofen Express Period Pain 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 Period Pain 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 refer to take Nurofen Express Period Pain

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

4. Possible side effects

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 skin reaction (rashes, itchiness, peeling, flaking or blistering)
 - swelling of your face or throat

Tell your doctor if you experience:

- fever, flu-like symptoms, sore throat, mouth ulcers, headache, a stiff neck, vomiting, unexplained bleeding and bruising, severe exhaustion.
- indigestion, stomach or abdominal pain, constipation, diarrhoea, flatulence or if you feel sick, chest pain or fast, irregular heart beat.
- liver and kidney problems associated with swelling in your arms and legs.

Medicines such as Nurofen Express Period Pain 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 Period Pain

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. Do not store above 25°C. Store in the original pack.

6. Further information

Each capsule contains the active ingredient ibuprofen 200mg.

They also contain: Macrogol 600, Potassium hydroxide 50% solution (E525), Gelatin, Sorbitol Liquid, Partially Dehydrated (E420), Purified Water, Ponceau 4R (E124), Lactinil (E322) or Phosphatidylcholine in Medium Chain Triglycerides, Triglycerides (medium chain), Ethanol, White ink (Titanium Dioxide (E171), Polyvinyl Acetate Phthalate, Macrogol 400, Ammonium hydroxide (E527), Propylene Glycol).

Nurofen Express Period Pain is available in packs of 10, 12, 16 in blister strips. Not all pack sizes will be marketed.

Manufacturer: Reckitt Benckiser Healthcare International Ltd, N690 2DB, UK.

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