Information for the user

Ibuprofen Caplets 200 mg

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains Ibuprofen which belongs to a group of medicines called non-steroidal anti-inflammatory medicines, which act to relieve pain and reduce swelling. It can be used to relieve headaches, rheumatic and muscular pain, backache, migraine, period pain, dental pain and neuralgia. It can also be used to reduce fever and relieve the symptoms of colds and flu.

Before you take this medicine

This medicine can be taken by adults and children aged 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

✗ Do not take:

- **If you have a stomach ulcer, perforation or bleeding,** or have had one twice or more in the past
- **If you have had perforation or a bleeding stomach** after taking a non-steroidal anti-inflammatory medicine (you may have been sick and it contained blood or dark particles that look like coffee grounds, passed blood in your stools or passed black tarry stools)
- **If you are allergic** to ibuprofen or any other ingredients of the product, aspirin or other non-steroidal anti-inflammatory medicines (you have ever had asthma, runny nose, itchy skin or swelling of the lips, face or throat after taking these medicines)
- **If you are taking aspirin with a daily dose above 75 mg,** or other non-steroidal anti-inflammatory medicines
- **If you have severe heart, kidney or liver failure**
- **If you have an intolerance to some sugars,** unless your doctor tells you to (this medicine contains lactose)
- **If you are pregnant** and in the last 3 months of pregnancy

! Talk to your pharmacist or doctor:

- If you have asthma, a history of asthma or other allergic disease, bowel problems, ulcerative colitis, Crohn's disease
- If you have other kidney, heart or liver problems (see "Do not take")
- If you have a connective tissue disorder such as SLE (Systemic Lupus Erythematosus)
- If you are elderly - you may get more side effects (see back of leaflet)
- If you are taking any other painkillers or receiving regular treatment from your doctor
- If you have had a stroke, or have heart problems, high blood pressure, diabetes, high cholesterol, or you smoke - see **'Risk of heart attack or stroke'** below
- If you are pregnant, and in the first 6 months of pregnancy
- If you are breastfeeding

Other important information

Risk of heart attack or stroke: Ibuprofen may increase the risk if you take large amounts for a long time. The risk is small. Take the lowest amount for the shortest possible time to reduce this risk.

Women of childbearing age: If you take this medicine, it may reduce your ability to become pregnant. This effect will be reversed when you stop the medicine.

If you take other medicines

Before you take these caplets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Other pain killers
- Aspirin 75 mg (to prevent heart attacks and strokes) - the protection may be reduced when you take ibuprofen
- Medicines to thin your blood (e.g. warfarin)
- Mifepristone (for termination of pregnancy) - do not take ibuprofen if you have taken mifepristone in the last 12 days
- Water tablets (diuretics), medicines to treat high blood pressure, medicines for heart problems
- Corticosteroids, lithium, methotrexate, zidovudine
- Quinolone antibiotics (for infections)
- Medicines for depression
- Ciclosporin or tacrolimus (given after transplant surgery, or for psoriasis or rheumatism)

If you are unsure about interactions with any other medicines, talk to your pharmacist.

This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that caplet.

Age	How many to take	How often to take them
Adults and children of 12 years and over	One or two caplets	Every 4 hours, if you need to. **Don't take more than** 6 caplets in 24 hours.
Take the lowest amount for the shortest possible time to relieve your symptoms		

Swallow each caplet with water.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If your symptoms worsen at any time, talk to your doctor.

If your symptoms do not go away within 10 days, talk to your doctor.

! **If you take too many caplets:** Talk to a doctor straight away. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some.

If you are elderly you may be more likely to have some of these side effects.

! **If you get any of these serious side effects, stop taking the caplets. See a doctor at once:**

- You are sick and it contains blood or dark particles that look like coffee grounds
- Pass blood in your stools or pass black tarry stools
- Stomach problems including pain, indigestion or heartburn
- Allergic reactions such as skin rash (which can sometimes be severe and include peeling and blistering of the skin), swelling of the face, neck or throat, worsening of asthma, difficulty in breathing
- Meningitis (e.g. stiff neck, fever, disorientation)

These other effects are less serious. If they bother you talk to a pharmacist:

- Kidney problems, which may lead to kidney failure
- Feeling sick, being sick
- Headache
- High blood pressure, heart failure
- Fluid retention, which may cause swelling of the limbs
- Rarely, liver problems, diarrhoea, wind, constipation, worsening of colitis or Crohn's disease
- Very rarely, tiredness or severe exhaustion, changes in the blood which may cause unusual bruising and an increase in the number of infections that you get (e.g. sore throats, mouth ulcers, flu-like symptoms)
- A small increased risk of heart attack or stroke if you take large amounts for a long time

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

How to store this medicine

Store in a dry place.

Store in the original package.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

Each tablet contains Ibuprofen 200 mg, which is the active ingredient.

As well as the active ingredient, the tablets also contain microcrystalline cellulose, lactose, hypromellose, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, french chalk, colloidal silicon dioxide, titanium dioxide (E171).

The pack contains 16 white capsule shaped tablets.

Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA.

Manufacturer responsible for batch release: The Boots Company PLC Nottingham NG2 3AA.

Leaflet prepared December 2010

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

Other formats

To request a copy of this leaflet in Braille, large print or audio please call free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product Name: Boots Ibuprofen Caplets 200 mg (16 caplets)

Reference Number: 00014/0497

This is a service provided by the Royal National Institute of Blind People.

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