PATIANT INFORMATION LEAFLET

SCHEDULING STATUS

S1

NUROFEN EXPRESS LIQUID CAPSULES 200 mg capsule

Ibuprofen

Sugar free

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

NUROFEN EXPRESS LIQUID CAPSULES 200 is available without a doctor's prescription, for you to treat a mild illness.

Nevertheless, you still need to use NUROFEN EXPRESS LIQUID CAPSULES 200 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUROFEN EXPRESS LIQUID CAPSULES 200 with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 7 (seven) days.

What is in this leaflet

1. What NUROFEN EXPRESS LIQUID CAPSULES 200 is and what it is used for

2. What you need to know before you take NUROFEN EXPRESS LIQUID CAPSULES 200

3. How to take NUROFEN EXPRESS LIQUID CAPSULES 200

4. Possible side effects

5. How to store NUROFEN EXPRESS LIQUID CAPSULES 200

6. Contents of the pack and other information

1. What NUROFEN EXPRESS LIQUID CAPSULES 200 is and what its used for

Anti-inflammatory; relief of pain and fever reduction.

NUROFEN EXPRESS LIQUID CAPSULES 200 may be used for the relief of muscle aches and pain, headaches, back pain, fever, menstrual pain (period pain), toothache and for the relief of pain associated with migraine.

2. What you need to know before you take NUROFEN EXPRESS LIQUID CAPSULES 200

Do not take NUROFEN EXPRESS LIQUID CAPSULES 200

- If you are hypersensitive (allergic) to ibuprofen, aspirin or other pain-relieving medicines of the same class as ibuprofen or any of the other ingredients of NUROFEN EXPRESS LIQUID CAPSULES 200.
- If you have a history of asthma or difficulty breathing linked to the use of aspirin or other pain-relieving agents.
- If you have a history of, existing or recurrent bleeding stomach ulcers or ulcers of the small intestines.

Warnings and precautions

- If you have a history of high blood pressure and/or heart disease, as swelling can occur due to fluid being retained.
- If you are an elderly, as you might require the dose to be reduced. You are at increased risk of experiencing side-effects with NUROFEN EXPRESS LIQUID CAPSULES 200.

- If you have stomach illnesses such as bowel or colon or intestinal disease or hernia.
- If you have serious and sometimes fatal skin diseases. You should stop using these capsules at the first appearance of skin rash.
- If you suffer from abnormal bleeding stomach ulcers.
- If you have a history of liver or kidney disease.
- If you have an infection.
- If you have any bleeding disorders.
- if you are a woman and are experiencing impaired fertility, but this is reversible upon withdrawal of treatment.
- if you get a life-threatening reaction which may resemble flu-like infection, rash, facial swelling, abdominal pain and abnormal heartbeat (Drug reaction with Eosinophilia and Systemic Symptoms - DRESS) and consult your doctor.
- if your symptoms persist or become worse because NUROFEN PLUS can mask symptoms of an infection, thereby causing a delay in identifying and treating it
- if you develop Systemic lupus erythematosus (SLE); an inflammatory disease that affect the joints, skin, kidneys, blood cells, brain, hart and lungs when the immune system attacks its own tissues.
- Severe skin reactions may occur with the use of ibuprofen-containing products. If you experience signs and symptoms of severe skin reactions, stop using NUROFEN EXPRESS LIQUID CAPSULES 200 and seek medical advice if needed.

If you experience blurred or diminished vision or other visual changes, you should stop using NUROFEN EXPRESS LIQUID CAPSULES 200.

Taking other medicines with NUROFEN EXPRESS LIQUID CAPSULES 200

If you are taking other medicines on a regular basis, including complementary or traditional medicines, concomitant use of NUROFEN EXPRESS LIQUID CAPSULES 200 may cause undesirable interactions. Please consult your doctor, pharmacists or other healthcare professional for advice.

Take special care if you are taking any of the following medicines:

- Aspirin or other anti-inflammatory medicines.
- Steroid hormones.
- Medicines for thinning the blood (e.g. warfarin).
- Medicines for high blood pressure (e.g. medicines to eliminate excess water – diuretics).
- Methotrexate (medicine used to treat cancer).
- Medicines used for heart failure (e.g. digoxin).
- Zidovudine and Ritonavir (medicines used in HIV/AIDS patients).
- Phenytoin (medicine to treat epilepsy) and sulphonylurea for diabetes.
- ACE-inhibitors (medicines used for treating high blood pressure).
- Quinolones (type of antibiotic).
- Medicines used in patients with high cholesterol (e.g. clofibrate).
- Medicines used to treat muscle spasms and pain (e.g. baclofen).

Taking NUROFEN EXPRESS LIQUID CAPSULES 200 with food, drink and alcohol

Taking NUROFEN EXPRESS LIQUID CAPSULES 200 with food or drink could help reduce the stomach irritation.

Pregnancy, breast-feeding and fertility

Do not take NUROFEN EXPRESS LIQUID CAPSULES 200 if you are pregnant or breastfeeding.

If you are pregnant or breastfeeding while taking NUROFEN EXPRESS LIQUID CAPSULES 200, please consult your doctor, pharmacist or other healthcare professional for advice.

See "Warnings and precautions" if you are trying to get pregnant.

Driving and using machines

NUROFEN EXPRESS LIQUID CAPSULES 200 is not expected to affect the ability to drive and operate machinery at the recommended dose and duration of therapy.

3. HOW TO TAKE NUROFEN EXPRESS LIQUID CAPSULES 200

Always take NUROFEN EXPRESS LIQUID CAPSULES 200 exactly as described in this leaflet or as your doctor or pharmacist or nurse has told you. Check with your doctor or pharmacist or nurse if you are not sure.

Adults and children over 12 years of age:

Initial dose: take 1 - 2 capsules with water, then if necessary, 1 or 2 capsules every four hours. Do not take more than 6 capsules in any 24 hours.

If symptoms persist for more than seven days, consult your doctor.

Do not give NUROFEN EXPRESS LIQUID CAPSULES 200 to children under the age of 12 years.

Use the lowest effective dose for the shortest possible duration of treatment.

If you have the impression that the effect of NUROFEN EXPRESS LIQUID CAPSULES 200 is to strong or too weak, talk to your doctor, pharmacist or nurse.

If you take more NUROFEN EXPRESS LIQUID CAPSULES 200 than you should:

The most likely symptoms of overdosage are stomach pain and nausea (feeling sick), vomiting, or more rarely diarrhoea, headache and signs of intestinal bleeding such as bright red faeces (stools/motions), black tarry stools, vomiting blood or dark particles that look like coffee grounds are also possible.

Dizziness, low blood pressure, drowsiness and sometimes loss of consciousness.

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take NUROFEN EXPRESS LIQUID CAPSULES 200

If you miss a dose of NUROFEN EXPRESS LIQUID CAPSULES 200, take it as soon as you remember.

Take any remaining doses for that day at evenly spaced intervals.

Do not double the dose to make up for the forgotten doses.

4. Possible side effects

NUROFEN EXPRESS LIQUID CAPSULES 200 can have side-effects.

Not all side effects reported for NUROFEN EXPRESS LIQUID CAPSULES 200 are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking NUROFEN EXPRESS LIQUID CAPSULES 200, please consult your health care provider for advice.

If any of the following happens, stop taking NUROFEN EXPRESS LIQUID CAPSULES 200 and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Hypersensitivity (allergic reactions) to NUROFEN EXPRESS LIQUID CAPSULES 200 may cause a fever or itchiness and skin rashes.

- Swelling of your face, tongue or throat, difficulties in breathing or unexplained wheezing.
- Dress syndrome: Faster heartbeat, low blood pressure, (severe exaggerated allergic reactions) and abdominal pain.
- Constriction of the air passages in patients with asthma.
- Drug reaction with Eosinophilia and Systemic Symptoms (DRESS): life threatening reaction which may resemble a flu-like infection, other signs may include rash, facial swelling, abdominal pain and abnormal heartbeat
- Severe and sudden generalised exanthematous pustulosis (AGEP) which is characterized by sudden skin eruptions that appear on average five days after a medication is started may occur.

These are all very serious side effects. If you have them, you may have had a serios reaction to NUROFEN EXPRESS LIQUID CAPSULES 200. You may need urgent attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

Less frequent side effects:

- Stomach (abdominal) discomfort or pain or nausea (feeling sick).
- Cause or worsen stomach ulcer.
- Runny stomach, bloating, constipation, vomiting and internal bleeding of the stomach or intestines.
- Headaches, a stiff neck or dizziness.
- Ringing sensation in the ears.
- Depression (low mood), drowsiness and sleeplessness.
- Nervousness.

- Internal bleeding of the stomach or intestines such as bright red faeces (stools/motion)
- Blood disorders which may present with the following signs: fever, sore throat, superficial mouth ulcer, flu-like symptoms

Side effects with unknown frequency:

- Blurred vision and visual disturbances.
- High blood pressure, and heart failure.
- Severe exhaustion (in the presence of anaemia – reduction in red blood cells), unexplained bleeding or bruising.
- Bladder inflammation, blood in the urine or kidney disease.

Tell your doctor if you notice any of the following:

Less frequent side effects:

- Black tarry stools, vomiting blood or dark particles that look like coffee grounds may occur.
- Skin rash

Side effects with unknown frequencies:

- Sun allergy or immune system reactions triggered by sunlight.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the “6.04 Adverse Drug Reaction Reporting Form”, found online under SAHPRA’s publications: https:www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of NUROFEN EXPRESS LIQUID CAPSULES 200.

5. How to store NUROFEN EXPRESS LIQUID CAPSULES 200

Keep all medicines out of reach and sight of children.

Store at or below 25 °C. Do not freeze or refrigerate.

Do not use the product after the expire date shown on the carton or blister strip.

Keep the blisters in the carton until required for use.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains and or sewerage (e.g. toilets)

6. Contents of the pack and other information

What NUROFEN EXPRESS LIQUID CAPSULES 200 contains

The active ingredients re ibuprofen 200 mg per capsule

The other ingredients are:

Macrogol 600, potassium hydroxide, purified water, capsule shell (ingredients including gelatin, Sorbitol liquid, and Ponceau 4R) and Printing ink (ingredients including Opacode WB White NS-78-18011).

What NUROFEN EXPRESS LIQUID CAPSULES 200 looks like and contents of the pack

A red, oval-shaped transparent soft gelatin capsule with a Nurofen logo printed in white ink.

Cartons containing 10 and 20 blister packed capsules.

Holder of Certificate of Registration

Reckitt Benckiser Pharmaceuticals (Pty) Ltd

8 Jet Park Road

Elandsfontein, 1601

+2711 871 1611

This leaflet was last revised in

The date on the registration certificate of the medicine: 01 August 2019

Date of revision of the professional information leaflet: 28 January 2022

Registration number

44/2.7/0386

Access to the corresponding Professional Information

https://cpdcentre.co.za/product-inserts/Nurofen Express Liquid Capsules 200.pdf