# NUROFEN

# Tension Headache

(Ibuprofen Lysine)

**READ ALL OF THIS LEAFLET CAREFULLY BEFORE YOU START TO TAKE YOUR MEDICINE**

It contains important information.

**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.

## 1. What Nurofen Tension Headache is and what it is used for

The active ingredient (which makes Nurofen Tension Headache work) is Ibuprofen.

**Ibuprofen** 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 Tension Headache relieves:**

- **Headaches and Migraine Pain**

## 2. Before taking this medicine

**Do not take Nurofen Tension Headache if you:**

- have (or have had two or more episodes of) a stomach ulcer, perforation or bleeding
- have breathing difficulties
- are allergic to ibuprofen or any of the other ingredients ( see section 6) or to aspirin or other painkillers
- suffer from severe kidney or heart problems
- have had gastrointestinal bleeding or perforation when previously taking NSAIDs
- have had a worsening of asthma, skin rash, itchy runny nose or facial swelling when previously taking ibuprofen, aspirin or similar medicines
- are taking other NSAID painkillers or aspirin with a daily dose above 75mg
- are in the last 3 months of pregnancy
- are under 12 years old.

**Speak to a pharmacist or your doctor before taking this product if you:**

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

**Can you take Nurofen Tension Headache with other medicines?**

Some anticoagulant medicines (i.e. thin blood/prevent clotting e.g. aspirin / acetylsalicylic acid, warfarin, ticlopidine), some medicines that reduce **high blood pressure** (ACE-inhibitors such as captopril, beta-blockers such as atenolol, or angiotensin-II receptor antagonists such as losartan), and other medicines may affect or be affected by treatment with ibuprofen.

**You should therefore always seek the advice of your doctor or pharmacist before you take ibuprofen with other medicines.**

Warnings continued overleaf

**Other warnings**

- Nurofen Tension Headache belongs to a group of medicines which may **impair fertility in women**. This is reversible on stopping the medicine. It is unlikely that Nurofen Tension Headache, used occasionally will affect your chances of becoming pregnant. However, tell your doctor before taking this medicine if you have problems becoming pregnant.
- Medicines such as Nurofen Tension Headache may be associated with a **small increased risk of heart attack or stroke**. Any risk is more likely with high doses or prolonged treatment. **Do not exceed the recommended dose**.
- **If you have heart problems, have had a stroke or think that you might be at risk of these conditions** (for example if you have high blood pressure, diabetes, high cholesterol or are a smoker), you should discuss your treatment with your doctor or pharmacist.
- Taking a painkiller for headaches for too long, can make them worse.

**Pregnancy and breastfeeding**

Do not take in the last 3 months of pregnancy. Speak to your doctor if you are in the first 6 months of pregnancy or are breastfeeding.

## 3. How to take Nurofen Tension Headache

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 aged 12 years and older**

Take 1 or 2 caplets with water up to three times a day as required.

Leave at least 4 hours between doses.

Do not take more than 6 caplets in any 24 hour period.

**Do not give to children under 12 years.**

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

## 4. Possible side effects

Nurofen Tension Headache is 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 rare but serious allergic reaction** such as severe skin rashes, peeling, flaking or blistering skin, facial swelling, unexplained wheezing, shortness of breath, easy bruising.

**Tell your doctor if you experience:**

- indigestion or heartburn
- constipation, stomach pain or other abnormal stomach symptoms
- rashes, itching or worsening of asthma
- sweating, thirst, muscle weakness or tremors, sleeplessness.
- chest pain or fast, irregular heart beat.
- liver and kidney problems.
- headache, nausea, dizziness or drowsiness.

Medicines such as Nurofen Tension Headache may be associated with a small increased risk of heart attack (myocardial infarction) or stroke.

## 5. How to store Nurofen Tension Headache

**Keep out of the reach and sight of children.**

Do not use Nurofen Tension Headache 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 30°C.

Store in the original container.

## 6. Further information

Each caplet contains the active ingredients Ibuprofen 200mg. Also contains Povidone, Sodium Starch Glycollate Type A, Magnesium Stearate, Hypromellose, Talc, Opaspray White M-1-7111B (contains Hypromellose and Titanium Dioxide (E171)) and Black Ink (contains, Shellac, Iron Oxide Black (E172) and Propylene Glycol).

Available in blister packs of 12 white, capsule-shaped tablets printed in black with an identifying "NTH" logo.

Licence Holder and Manufacturer:
Crookes Healthcare Limited
Nottingham NG2 3AA

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