

IBUPROFEN

PATIENT INFORMATION GUIDE



Never give your medicines to others even if their symptoms are the same as yours.

WHY HAVE WE GIVEN YOU THIS GUIDE?

- This information is for you to use when taking ibuprofen
- Ibuprofen is used for pain relief and inflammation
- Ibuprofen can cause **serious side effects** so it is important you know how to take it safely
- Talk to your doctor, pharmacist (chemist) or nurse if you have any questions

THINGS YOU CAN DO TO TAKE IBUPROFEN SAFELY

- Take the tablets with or straight after food
- Swallow the tablets whole – do not crush or chew them
- Let your doctor know if you have had any problems with stomach ulcers, your kidneys, liver or heart, including high blood pressure

▶ IBUPROFEN CAN BE HARMFUL

- ▶ **Extra care is needed especially for older adults, or people who smoke or drink a lot of alcohol**
- ▶ **Always store ibuprofen out of reach and out of sight of children**
- ▶ **Let your doctor or pharmacist (chemist) know immediately if you:**
 - Have a skin rash, fever, or other 'allergic-type' reaction
 - Cough up blood (red or brown), or pass blood (red or black) in the toilet
 - Have pain in your stomach or indigestion-like pain
- ▶ **Tell your doctor and pharmacist (chemist) about all of the medicines you are taking**
 - Ibuprofen can be harmful when taken with some other medicines, especially medicines used for pain relief and some heart conditions
- ▶ **Asthma and ibuprofen**
 - Let your doctor or pharmacist (chemist) know if you have asthma **before** you take ibuprofen
 - If you have **asthma and nasal polyps**, you should not take ibuprofen; ask your doctor or pharmacist (chemist) about other types of pain relief for you
- ▶ **PREGNANCY and ibuprofen**
 - If you are pregnant, let your doctor and pharmacist (chemist) know; they may recommend other types of pain relief for you
- ▶ **Do not take any more than recommended**
 - High doses can be harmful, especially for older adults