

perforation in the past. There is an increased risk of the elderly having these side effects. are taking other NSAID painkillers, or aspirin with a daily dose above 75 mg

suffer from liver or kidney disease

- suffer from heart disease, high blood pressure
- are in the last 3 months of pregnancy

### Warnings and precautions

#### Talk to your doctor or pharmacist before taking this medicine:

- If you have or have had asthma, diabetes, high cholesterol, high blood pressure, a stroke, heart, liver, kidney or bowel problems
- If you are a smoker
- lf you are pregnant
- If you are suffering from gastrointestinal disorders or long term inflammation of the intestines (for example, ulcerative colitis or Crohn's disease). See "Do not take Ibuprofen 400mg Tablets BP" section.
- are suffering from Systemic Lupus Erythematosus (SLE) a condition of the immune system affecting connective tissue resulting in joint pain, skin change and disorders of other organs
- Medicines such as ibuprofen may be associated with a small increased risk of heart attack ("myocardial infarction") or stroke. Do not exceed the recommended dose or duration of treatment. Any risk is more likely with high doses and prolonged treatment.
- 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 ischemic attack 'TIA') or think that you might be at risk of these conditions (for example if you have high blood pressure, diabetes, high cholesterol, a family history of heart disease or stroke, or if you are a smoker) you should discuss your treatment with your doctor or pharmacist.
- There is a risk of renal impairment in dehydrated children and adolescents. Therefore ask a doctor before use if you have not been drinking fluids or have lost fluid due to continuous vomiting or diarrhea.
- If you are 65 years and older. The elderly have an increased frequency of side effects to NSAIDs, especially stomach bleeding and perforation, which may be fatal. Inform your doctor if you have unusual abdominal symptoms particularly in the initial stages of treatment.
- If you have an infection please see heading 'infections' below
- are taking ibuprofen for longer than the recommended time or at higher than recommended doses you are at risk of serious harms. These include serious harms to the stomach/gut and kidneys, as well as very low levels of potassium in your blood. These can be fatal (see section 4).
- Skin reactions Serious skin reactions have been reported in association with Ibuprofen 400mg Tablets BP treatment. You should stop taking Ibuprofen 400mg Tablets BP and seek medical attention immediately, if you develop any skin rash, lesions

exanthematous pustulosis (AGEP) have been reported in association with ibuprofen treatment. Stop using Ibuprofen 400mg Tablets BP and seek medical attention immediately if you notice any of the symptoms related to these serious skin reactions described in section 4.

### Use in children and adolescents:

Take special care and talk to a pharmacist or your doctor before taking this medicine if you are 12-18 years old as there is a risk of renal impairment. Therefore ask a doctor before use if you have not been drinking fluid or have lost fluids due to continuous vomiting or diarrhea.

This medicine is not to be used in children under 12 years of age.

# Other medicines and Ibuprofen 400mg Tablets BP

Some medicines that are anti-coagulants (i.e. thin blood/prevent clotting e.g. aspirin, warfarin, ticlodipine), some medicines that reduce high blood pressure (ACE-inhibitors such as captopril, betablockers such as atenolol, or angiotensin-II receptor antagonists such as losartan) and any other Ibuprofen preparations, such as those you can buy without a prescription may affect or be affected by treatment with ibuprofen. You should therefore always seek the advice of your doctor or pharmacist before you use ibuprofen with other medicines. In particular you should tell your doctor or pharmacist if you are taking any of the following medicines in addition to those mentioned above that are prescribed:

• To help you passing water (water tablets) for the treatment of inflammatory conditions (steroids)

for mania or depression (e.g. lithium or selective serotonin reuptake inhibitors)

to treat heart conditions (cardiac glycosides, such as digoxin)

- to treat certain cancers (methotrexate)
- for the temporary suppression of immune system (e.g. ciclosporin and tacrolimus)
- for pregnancy termination (mifepristone)
- For HIV treatment (zidovudine)

 antibiotics called quinolones such as ciprofloxacin Do not use this medicine if you are taking other NSAID

painkillers, or aspirin with a daily dose above 75mg. Fertility, pregnancy and breast-feeding:

Fertility Ibuprofen 400mg Tablets BP belong to a group of medicines which may impair fertility in women. This effect is reversible on stopping the medicine. It is unlikely that Ibuprofen 400mg Tablets BP, used occasionally, will affect your chances of becoming pregnant, however, tell your doctor before taking this medicine if you have problems becoming pregnant.

Pregnancy The use of Ibuprofen 400mg Tablets BP whilst pregnant should be avoided.

Ibuprofen 400mg Tablets BP should not be used in late (the last three months) of pregnancy as it could harm your unborn child or cause problems at delivery. It can cause kidney and heart problems in your unborn baby. It may affect your and your baby's tendency to bleed and cause labour to be later or longer than expected and should only be taken in the first six months of pregnancy on the advice of your doctor. If taken for more than a few days from 20 weeks of pregnancy onward, ibuprofen can cause kidney problems in your unborn baby that may lead to low levels of amniotic fluid that surrounds the baby

Seek medical attention **IMMEDIATELY** if you accidently take too many tablets. If you have taken more this medicine than you should, or if children have taken this medicine by accident always contact a doctor or nearest hospital to get an opinion of the risk and advice on action to be taken. The symptoms can include nausea, stomach pain, vomiting (may be blood streaked), headache, ringing in the ears, confusion and shaky eye movement. At high doses, drowsiness, chest pain, palpitations, loss of consciousness, convulsions (mainly in children), weakness and dizziness, blood in urine, cold body feeling, and breathing problems have been reported.

#### If you forget to take your Ibuprofen 400mg Tablets BP

Take them as soon as you remember, unless it is almost time for your next dose. If it is, do not take the missed dose at all. Never double up on a dose to make up for the one you have missed.

## 4. POSSIBLE SIDE EFFECTS

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Like all medicines, Ibuprofen 400mg Tablets BP may cause side effects, although not everybody gets them. Chest pain, which can be a sign of a potentially serious allergic

reaction called Kounis syndrome

The following side effects are very rare (may affect upto 1 in 10, 000 people), but if you suffer from any of the following at any time during your treatment STOP TAKING Ibuprofen 400mg Tablets BP and *seek immediate* medical help:

#### Signs of serious allergic reaction such as difficulties in breathing or unexplained wheezing, dizziness or faster heartbeat. severe forms of skin reactions such as itchiness, skin rash with redness, peeling, flaking or blistering (e.g.: Steven-Johnson syndrome), swelling of your face, tongue and/or throat, drop in blood pressure leading to shock

Signs of intestinal bleeding such as passing blood in your faeces (stools/motions), black tarry stools, vomiting blood or dark particles that look like coffee grounds.

Signs of aseptic meningitis (swelling of the protective

lymph nodes (DRESS syndrome).

#### . How to store Ibuprofen 400mg Tablets BP

Keep this medicine out of the sight and reach of children. Blister packaging: This medicinal product does not require

- any special storage conditions. Securitainer/Pharmapac bottles: Store below 25°C, Keep the bottle tightly closed.
- Do not use after the expiry date shown on the package

# 6. CONTENTS OF THE PACK AND OTHER INFORMATION

## What does each tablet contain?

Each tablet contains the active ingredient lbuprofen 400mg. The tablets also contain: lactose monohydrate, maize starch. hypromellose, sodium starch glycollate, colloidal anhydrous silica, magnesium stearate, sucrose, purified talc, titanium dioxide (E171), carnauba wax, Colouring agent (sucrose, titanium dioxide E171, sunset yellow lake E110, erythrosine Lake E127, sodium benzoate E211, purified water).

### What is in the pack?

This product contains pink, shiny, biconvex, circular, sugar coated tablets

Ibuprofen 400mg Tablets BP are available in blister packs of 6, 12, 24, 48, 84 and 96 tablets. The product is also available in pots of 12 or 250 tablets. Not all the pack sizes may be marketed.

## Marketing Authorisation Holder:

Flamingo Pharma (UK) Ltd. 1st Floor, Kirkland House, 11-15 Peterborough Road, Harrow, Middlesex, HA1 2AX, United Kingdom

### Manufacturer: Flamingo Pharma (UK) Limited,

The Bloc, 38 Springfield Way, Anlaby, Hull, HU10 6RJ, United Kingdom.

If you would like this leaflet in different format information or want to report any side effects please contact marketing authorization holder listed above

## This leaflet was last revised in October 2024.

| membrane surrounding the brain) such as severe headache,<br>high temperature, stiffness of the neck, nausea, vomiting,<br>disorientation or intolerance to light. Patients with<br>autoimmune disorders (lupus, mixed connective-tissue<br>disease) may be more likely to be affected  |                                |                               |
|--|--------------------------------|-------------------------------|
| <b>Signs of kidney problems such as:</b> passing less or more<br>urine, cloudy urine or blood in urine, pain in the back and/or<br>swelling (particularly in the legs) lbuprofen, especially when<br>taken at higher than recommended doses or for a prolonged<br>period of time, can cause damage to your kidneys and affect<br>them removing acids properly from your blood into the urine<br>(renal tubular acidosis).<br>It can also cause very low levels of potassium in your blood<br>(see section 2). This is a very serious condition and will<br>require immediate treatment.<br>Signs and symptoms include muscle weakness and<br>light-headedness. |                                |                               |
| reddish non-elevated, target-like or circular patches on the<br>trunk, often with central blisters, skin peeling, ulcers of<br>mouth, throat, nose, genitals and eyes. These serious skin<br>rashes can be preceded by fever and flu-like symptoms<br>[exfoliative dermatitis, erythema multiforme,<br>Stevens-Johnson syndrome, toxic epidermal necrolysis].<br>Widespread rash, high body temperature and enlarged   | P<br>AL0323/3 MPLL<br>AL0326/3 | .IBU0400TBCOM<br>FPLALM388V01 |
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