

Burofen tablets



About Burofen



Read all of this leaflet carefully before you start using Burofen

Keep this leaflet. You may need to come back to it or read it again

If you have any questions or need more advice, ask a doctor, nurse or pharmacist. **This medicine has been prescribed for you personally.** Don't pass it on to other people – it could harm them.

Burofen is for treating pain

Burofen is a painkiller. It treats the pain caused by rheumatoid arthritis. It is also used for muscle pain, especially backache, neuralgia (nerve pain), migraine, headache, tooth ache, period pains, feverishness, and symptoms of colds and flu. It's one of a family of medicines called *non-steroidal anti-inflammatory drugs* (NSAIDs for short).

What this medicine does

Burofen is not a cure for your condition, but it can make it easier to live with. Burofen and medicines like it are called anti-inflammatory drugs because they damp down the inflammation which is often the cause of pain or fever. They work by cutting down the body's production of inflammatory substances called *prostaglandins*. You should notice that the pain becomes less intense. That should make it easier for you to live your life normally.

What arthritis is

Arthritis just means painful joints.

Osteoarthritis is the more common type of wear-and-tear arthritis, which most often affects people over 60.

Rheumatoid arthritis is a particularly painful type which most commonly affects people between the ages of 30 and 50.



Burofen Do's and Don'ts



Don't



Don't use Burofen at all...

- **If you have a stomach ulcer** (*peptic ulcer*) or used to have one.
 - **If you are allergic** to any of the ingredients (see box, far left).
 - **If you ever had an allergic reaction to ibuprofen, aspirin** or other anti-inflammatory painkillers in the same family. Reactions may include wheezing, breathlessness or swollen lips.
 - **If you react badly to milk or lactose** (if you are lactose-intolerant).
 - **If you are pregnant** or planning to get pregnant.
 - **After the expiry date** on the box.
- If any of these applies to you, talk to your doctor or pharmacist.**

Don't give Burofen...

- **To children under 12.** Your doctor or pharmacist will suggest other medicines for younger children.

Don't use Burofen without a doctor's advice...

- **If you have kidney, liver or heart problems** (or if you used to). If you do have kidney problems and you have to take Burofen, your doctor may test your kidneys before and after.
- **If you have asthma** (or used to) Burofen can bring on an attack.
- **If you are over 60.** Older people are more at risk from the serious effects of any reactions. If you are over 60, take fewer tablets: just enough to make you feel better.
- **For more than 3 days.** If pain carries on for longer, talk to your doctor.
- **At higher than the recommended dose:** 2 tablets every four hours, and no more than 8 in 24 hours.
- **If you are taking other medicines,** especially medicines listed in the next section, *Taking Burofen*. ▶



Do



Do use Burofen...

- **exactly** as your doctor told you to.

Do take Burofen...

- **with a glass of water:** swallow the tablets whole.
- **with food: preferably after a meal.**

You can use Burofen...

- **If you drive or use machines:** Burofen has no effect on your ability.
- **If you are breast feeding,** you can still take Burofen. A little ibuprofen does get into breast milk, but it's unlikely to do your child any harm.



Taking Burofen



How much to take...

- **Adults:** 2 tablets every four hours as needed. No more than 8 in 24 hours.
- **Children 12-18 years:** 1 tablet every four hours as needed. No more than 4 in 24 hours.
- **Not for children under 12**

Swallow the tablets whole, with a glass of water and with food, preferably after a meal.

Don't take too much...

- **Don't take more than 8 tablets** in 24 hours. See a doctor if you're no better after 3 days.
- **If you take too many tablets,** talk to a doctor as soon as you can.
- **If you miss a dose,** don't worry. Forget about the missed dose. Take the next tablet as usual, and carry on from there.



Taking Burofen with other medicines...

Make sure your doctor knows if you are taking a medicine listed here:

- **Drugs that thin the blood** (anti-coagulants). Burofen may make the blood thinner still.
- **Drugs for high blood pressure** (anti-hypertensives). Burofen may work against them.
- **Aspirin** (or other other anti-inflammatory painkillers). If you take these at the same time, you are more likely to get side effects.
- **Water tablets** (diuretics). Burofen may work against them.

Burofen 200

Ibuprofen 200mg
White oval tablets, marked IB-200

Burofen comes in packs of 10, 30 or 90 film-coated tablets.

The active ingredient in Burofen tablets is ibuprofen, 200mg per tablet.

Other ingredients are crospovidone, hydroxypropyl cellulose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, silicon dioxide, talc, titanium dioxide E171.

Manufacturer

Makers Mark plc, The Factory, Northtown, North Yorks YO1 800, UK.

Licence-holder

Licensee Holdings plc, Great South Road, Southtown, Surrey CR0 5PQ, UK.

Side effects



over page



Possible side effects of Burofen



Serious effects: see a doctor at once

These are likely to affect less than 1 in every 100 people

- Severe stomach pain, which may be a sign of ulcers or bleeding
- Skin peeling or blisters
- Unusual or easy bruising, caused by shortage of platelets in the blood (*thrombocytopenia*)
- Flu-like illness
- Yellowish skin or eyes (jaundice)
- Signs of allergy – breathlessness, wheezing, swollen lips, feeling faint
- Producing much less urine, which can be caused by kidney failure.

If you notice any of these, stop taking Burofen and tell a doctor at once.



Less serious, but tell a doctor

These are likely to affect 1 or 2 in every 100 people

- Headaches
- Dizziness
- Hearing disturbances.

If you find these are troubling you, talk to a doctor when you can.



Minor effects: tell doctor or pharmacist

These are likely to affect 2 to 6 in every 100 people

- Indigestion
- Feeling sick
- Pain in the gut
- Itching
- Rash.

If you find these are troubling you, talk to a doctor or pharmacist.

Some people get side effects when they take Burofen. Most people don't. For most people, the benefits are much more likely than the side-effects.

Look out for any of the effects listed above, and if you notice them, or anything else unusual that you think is caused by Burofen, **tell a doctor or pharmacist** (chemist) as soon as you can.

Burofen does not cause drowsiness, so you can still drive or use machinery when you've taken it.



More information



Storing Burofen

- **Keep Burofen away from children** – somewhere they can't see it or reach it.
- Keep in a dry place at less than 25°C (75°F).
- Don't take the tablets after the expiry date printed on the box.

Other help with pain

- **Many hospitals have pain clinics.** If you are suffering from a lot of pain for a long time, there may be other treatments that can help. Ask your doctor for details.
- **Self help and support groups** can give advice on your condition and put you in touch with other people who have been through the same thing. Ask your local library for details.
- **Makers Mark runs a helpline** by phone and email which can put you in touch with specially trained advisers who can help you cope with pain.

Email: pain-care@makersmark.com

Freephone: 00800 123 4567.

- **You can get a larger print version of this leaflet. Call this free phone number: Tel: 00800 123 4567.**

This leaflet was last changed 10 January 2002.



For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

België/Belgique/Belgien
{Nom/Naam}
{Adresse/Adres}
B-0000 {Localité/Stad}
Tél/Tel: + {N° de téléphone/Telefoonno}

Luxembourg/Luxemburg
{Nom}
{Adresse}
L-0000 {Localité}
Tél: + {N° de téléphone}

Danmark
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Nederland
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Tel: + {Numero di telefono}

Taking Burofen

How much to take...

- **Adults:** 2 tablets every four hours as required. No more than 8 tablets in 24 hours.
- **Children 12-18 years:** 1 tablet every four hours as required. No more than 4 tablets in 24 hours.
- **Not for children under 12.**

Swallow the tablets whole, with a glass of water and with food, preferably after a meal.

Don't use Burofen if you have ulcers, have allergies or if you are (or might be) pregnant.

See the package leaflet for full details.

Possible side effects

Serious: see doctor at once

- Stomach pain
- Skin peeling or blisters
- Easy bruising
- Flu-like illness
- Yellowish skin or eyes (*jaundice*)
- Producing much less urine
- Allergic reaction

Less serious: tell doctor

- Headaches
- Dizziness
- Hearing disturbances.

Common: tell doctor/pharmacist

- Indigestion
- Feeling sick
- Pain in the gut
- Itching/rash.

