

# Information about ibuprofen



An Easy Read guide about ibuprofen





### **What is this leaflet for?**

This leaflet is to help you understand more about your medicine.



### **What is the medicine called?**

This medicine is called ibuprofen.

It is sometimes called Nurofen.

It comes as tablets or a liquid and can sometimes be found with other medicines.



### **What is it for?**

People take ibuprofen if they are in pain, have swelling or have a high temperature.



**Supermarket**

### **Where do I get ibuprofen from?**

Ibuprofen can be bought from a supermarket or pharmacy. You can also get it from your doctor.



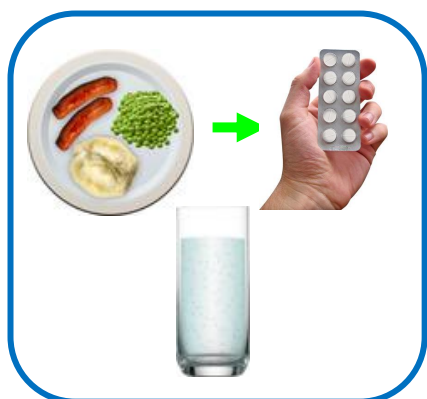
### **Be careful!**

Don't take ibuprofen if you have ever had a stomach ulcer.

Don't take ibuprofen if you have asthma.



Talk to your doctor or pharmacist if you are taking any other medicines or if you are pregnant.



### **How do I take ibuprofen?**

Take them with a glass of water. You should eat before taking them.



Leave at least **4 hours** before taking more.

Don't take ibuprofen more than **3 times a day**.



Don't take any other medicines containing ibuprofen e.g. Lemsip Flu 24 hour capsules. Check the packet for ingredients.



Talk to your doctor if you are still ill after 3 days.

Ibuprofen takes about 1 to 2 hours to start working. It lasts for 5 to 10 hours.



### **What should I do if I take too many (overdose)?**

If you think you have taken too many, tell your carer straight away and call a doctor or ambulance.



### **What are the side effects of ibuprofen?**

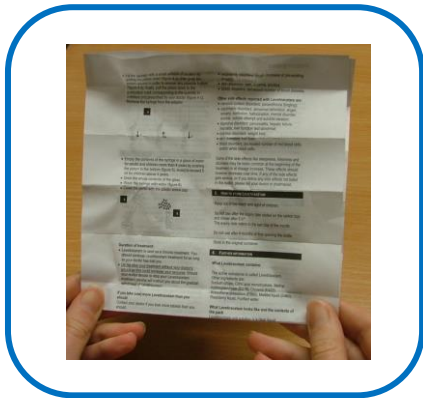
Side effects are the effects medicine can have on your body that are not wanted.

Not everybody taking ibuprofen will get side effects.

A side effect of ibuprofen is stomach ulcers.



Speak to your doctor if you have a bad stomach or are sick after taking ibuprofen.



### **Where can I get more information?**

This leaflet does not tell you everything about ibuprofen.

You can find more information by reading the packet or the leaflet that comes with the medicine.



If you want more information about ibuprofen you can ask your pharmacist, doctor, nurse

**or**



you can phone the Hospital Medicines Helpline on **01270 273221**



## Hospital Medicines Helpline Opening times

Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
✓	✓	✓	✓	✓	✗	✗



10.00am – 3.00pm