

**NUROFEN for Children Cold & Flu & Pain Strawberry**  
**100mg/5ml Oral Suspension**  
Ibuprofen

**Read all of this leaflet carefully before you use this medicine Becausebecausebecause because it contains important for you.** Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again
- Ask your pharmacist if you need more information or advice
- If your child gets any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if your child does not feel better or if your child feels worse after 3 days.

**What is in this leaflet**

1. **What Nurofen for Children Cold & Flu & Pain is and what it is used for**
2. **What you need to know before giving Nurofen for Children Cold & Flu & Pain to your child**
3. **How to use Nurofen for Children Cold & Flu & Pain**
4. **Possible side effects**
5. **How to store Nurofen for Children Cold & Flu & Pain**
6. **Contents of the pack and other information**

**1. What Nurofen for Children Cold & Flu & Pain is and what it is used for**

The active ingredient (which makes this medicine work) is ibuprofen which is a non-steroidal-anti-inflammatory (NSAID) painkiller.

Ibuprofen is used as an analgesic (painkiller) for the relief of teething and toothache pain, earache, headache, muscular minor aches and sprains, sore throats and cold and flu symptoms.

Nurofen for Children Cold & Flu & Pain also reduces a high temperature (fever).

**2. What you need to know before giving Nurofen for Children Cold & Flu & Pain**

This medicine is suitable for the majority of people but certain people should not use it. Talk to your pharmacist or doctor if you are at all unsure.

**Do not give this medicine to your child if:**

- They suffer from hypersensitivity to any of the ingredients in this medicine (See section 6).
- They have **ever had a reaction** (e.g. asthma, runny nose, rash, swelling of the face, tongue, lips or throat or stomach bleeding) **after taking ibuprofen, aspirin or other non-steroidal anti-inflammatory (NSAID) medicines**
- They weigh **less than 5kg** or are **under 3 months** of age
- They are taking any other **anti-inflammatory (NSAID) painkillers, or aspirin**
- They have (or have had two or more episodes of) a **stomach ulcer, perforation or bleeding**
- They have severe **kidney, heart or liver failure**
- They have **inherited problems coping with fructose/fruit sugar** (hereditary fructose intolerance). This is because the body can make some fructose from the ingredient maltitol

**Warnings and precautions**

**Talk to your doctor or pharmacist if:**

- Your child has an infection – please see heading ‘Infections’ below

- Your child has or has had **high blood pressure, heart problems** or a **stroke** because there is a small increased risk of heart problems with ibuprofen
- Your child has a condition which may put them at risk of **heart problems** such as **diabetes** or **high cholesterol**
- Your child has a condition which increases tendency to bleeding or they have bleeding in the skull
- Your child has **asthma** or any **allergic disease of the lungs**
- Your child has, or has had **liver, kidney, heart or bowel problems**
- Your child has **SLE** (Systemic Lupus Erythematosus, a condition of the immune system), exfoliative dermatitis, Stevens-Johnson syndrome or any similar disease
- Your child suffers from **chronic inflammatory bowel disease** such as Crohn's disease or ulcerative colitis
- You previously experienced stomach bleeding or perforation after taking ibuprofen or other non-steroidal anti-inflammatory drugs (NSAIDs)
- When stomach ulcer or bleeding occurs in patients receiving Nurofen for Children Cold & Flu & Pain the treatment should be withdrawn
- Your child has chicken pox as it is advisable to avoid the use of Nurofen for Children Cold & Flu & Pain

Serious skin reactions have been reported in association with Nurofen for Children treatment. You should stop taking Nurofen for Children and seek medical attention immediately if you develop any skin rash, lesions of the mucous membranes, blisters or other signs of allergy since this can be the first signs of a very serious skin reaction. See section 4.

Infections: Nurofen for Children may hide signs of infections such as fever and pain. It is therefore possible that Nurofen for Children may delay appropriate treatment of infection which may lead to an increased risk of complications. This has been observed in pneumonia caused by bacteria and bacterial skin infections related to chickenpox. If you take/give your child this medicine while you/they have an infection and the symptoms of the infection persist or worsen, consult a doctor without delay.

#### You or your child are taking other medicines especially:

- Other **medicines containing ibuprofen, aspirin or other NSAIDs**, including those you can buy over the counter
- **Diuretics** (to help you pass water)
- **Anticoagulants** (blood thinning medicines e.g. warfarin)
- **Medicines for high blood pressure** (e.g. captopril, atenolol, losartan)
- **Lithium** (for mood disorders)
- **Methotrexate** (for psoriasis, arthritis and types of cancer)
- **Zidovudine** (for HIV)
- **Corticosteroids** (an anti-inflammatory drug)
- **Cardiac glycosides** (for heart problems)
- **Probenecid** (to treat gout)
- **Aminoglycosides** (a type of antibiotic)
- **Oral hypoglycemic agents** (oral medicines to treat diabetes)
- **Ciclosporin or tacrolimus** (to prevent organ rejection after transplant)
- **Quinolone antibiotics** (for infections)
- **SSRI antidepressant drugs**
- **Antiplatelet drugs** (e.g. dipyridamole, clopidogrel)

Some medicines that are anti-coagulants (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 a healthcare professional before you use ibuprofen with other medicines.

**Seek the advice of your doctor or pharmacist if any of the above apply. If you are not sure what types of medicines your child is taking, show the medicine to the doctor or pharmacist.**

**If you are an adult taking this medicine**

The warnings and information given in this section apply and in addition the following:

**Pregnancy, breastfeeding and fertility**

If you are pregnant or breast-feeding, think you may be pregnant or planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

**Pregnancy**

Do not take ibuprofen if you are in the last 3 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 child. It may affect your and your baby's tendency to bleed and cause labour to be later or longer than expected. You should not take ibuprofen during the first 6 months of pregnancy unless absolutely necessary and advised by your doctor.

If you need treatment during this period or while you are trying to get pregnant, the lowest dose for the shortest time possible should be used.

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 (oligohydramnios) or narrowing of a blood vessel (ductus arteriosus) in the heart of the baby. If you need treatment for longer than a few days, your doctor may recommend additional monitoring.

**Breast-feeding**

Only small amounts of ibuprofen and its decomposition products pass into breast milk. Nurofen for Children may be used during breast-feeding, if it is used at the recommended dose and for the shortest possible time.

**Fertility**

Nurofen for Children belongs to a group of medicines (NSAIDs) which may impair the fertility in women. This effect is reversible on stopping the medicine.

**Other warnings**

- Medicines such as Nurofen for Children Cold & Flu & Pain may be associated with a small increased risk of heart attack ("myocardial infarction") or stroke. Any risk is more likely with high doses and prolonged treatment. Do not exceed the recommended dose or duration of treatment 3 days
- If you have (or have had two or more episodes of) **a stomach ulcer, perforation or bleeding**
- **Risk of heart attack or stroke:** if you have heart problems, previous stroke or think that you might be at risk of these conditions (for example if you have high blood pressure, diabetes or high cholesterol or are a smoker) you should discuss your treatment with your doctor or pharmacist
- **Elderly:** elderly patients are more prone to side effects such as stomach bleeding and perforation which may be fatal. Talk to your doctor or pharmacist before taking this medicine.

**Driving and using machines**

- There are no known effects on driving or use of machines

**Important information about some of the ingredients of Nurofen for children**

- Nurofen for Children contains maltitol. If you have been told by a doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.
- Maltitol may have a mild laxative effect.
- Calorific value 2.3 kcal/g maltitol

- This medicine contains 9.08 mg sodium (main component of cooking/table salt) in each 5 ml. This is equivalent to 0.45% of the recommended maximum daily dietary intake of sodium for an adult

This medicine contains 11.75mg propylene glycol in each 5 ml.

### 3. How to use Nurofen for Children Cold & Flu & Pain

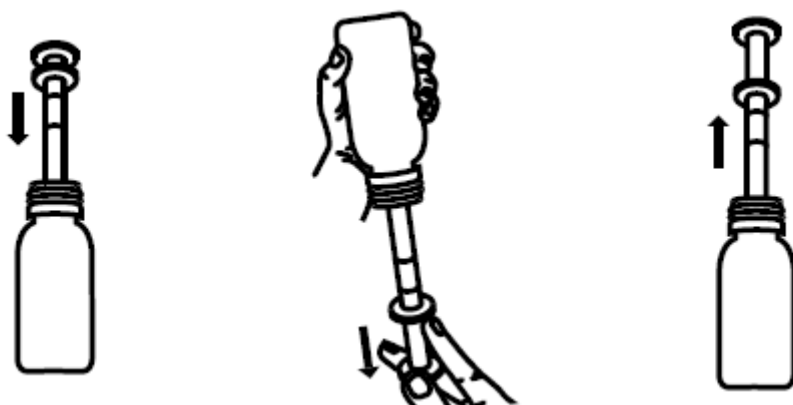
The lowest effective dose should be used for the shortest duration necessary to relieve symptoms. If you or your child has an infection, consult a doctor without delay if symptoms (such as fever and pain) persist or worsen (see Section 2).

Always shake the bottle thoroughly before use.

To remove the cap, push it down and turn it anti-clockwise. Use either the two ended measuring spoon (2.5ml and 5ml) or the 5ml dosing syringe provided in the pack to ensure accurate dosing.

#### Using the 5ml easy dosing syringe

- Push the syringe firmly into the plug (hole) in the neck of the bottle
- To fill the syringe, turn the bottle upside down. Whilst holding the syringe in place, gently pull the plunger down drawing the medicine to the correct mark on the syringe. See section “how much medicine to use”
- Turn the bottle the right way up, remove the syringe from the bottle plug by gently twisting the syringe
- Place the end of the syringe into the child’s mouth and gently press the plunger down to slowly and gently release the medicine.



- After use replace the bottle cap. Disassemble the syringe, wash the parts in warm water and allow to dry. Store out of the reach of children.

#### How much medicine to use

**DO NOT give to babies under 3 months or babies weighing less than 5kg.**

Age	Dose
Babies 3-6 months (weighing over 5kg)	One 2.5ml dose 3 times in 24 hours
6 months - 12 months	One 2.5ml dose 3 times in 24 hours
1 year -3 years	One 5ml dose 3 times in 24 hours
4 years -6 years	One 7.5ml (5ml + 2.5ml) dose 3 times in 24 hours
7 years -9 years	One 10ml (5ml + 5ml) dose 3 times in 24 hours
10 years -12 years	One 15ml (5ml + 5ml + 5ml) dose 3 times in 24 hours

Doses should be given every 6-8 hours. Leave at least 4 hours between doses

For **Short-term use only**

**WARNING: Do not exceed the state dose**

## Talk to your doctor

- If your child's symptoms do not go away as soon as possible or worsen.
- If you are not sure of your child's illness or it is accompanied by a rash, breathing difficulties, diarrhoea or excessive tiredness, speak to your doctor straight away.

## If you take more Nurofen for Children than you should

If you have taken more Nurofen 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 give Nurofen for Children

If you forget a dose, give the next dose when needed, provided that the last dose was taken at least 4 hours ago. **Do not give a double dose.**

## 4. Possible side effects

Like all medicines, Nurofen for Children Cold & Flu & Pain can cause side effects, but not everybody gets them. The most common side effect is irritation of the stomach which can cause problems such as indigestion and heartburn.

## If your child experiences any of the following, stop giving this medicine and tell your doctor immediately:

- Blood in the stools (faeces/motions)
- Black tarry stools
- Vomiting blood or dark particles that look like coffee grounds
- Unexplained wheezing, shortness of breath, skin rash (which may be severe with blistering or peeling of the skin), serious skin reaction, e.g. Steven-Johnson syndrome, itching or bruising, racing heart, fluid retention (swollen ankles or decreased levels of passing urine)
- Stiff neck, headache, nausea, vomiting, fever and disorientation

## If you child experiences any of the following side effects, stop giving this medicine and tell your doctor

- Unexplained stomach pain, indigestion, heartburn, nausea or vomiting
- Yellowing of the eyes, pale stools and dark urine, liver problems
- Severe sore throat with high fever
- Unexplained bleeding or have bleeding in the skull, bruising or tiredness or getting more infections, such as colds, than normal.

## Other side effects which may occur are:

### Uncommon:

- Headache

### Rare:

- Diarrhoea, wind or constipation. Tell your doctor if these last for more than a few days or become troublesome

### Very rare:

- Kidney problems, kidney failure may occur with ibuprofen
- Stroke or heart problems may occur with ibuprofen. This is unlikely at the dose level given to children

- Worsening of colitis and Crohn's disease
- High blood pressure
- Severe skin infections and soft tissue complications during chicken pox (varicella) infection.

## Not known:

- A severe skin reaction known as DRESS syndrome can occur. Symptoms of DRESS include: skin rash, fever, swelling of lymph nodes and an increase of eosinophilis (a type of white blood cells)
- A red, scaly widespread rash with bumps under the skin and blisters mainly localized on the skin folds, trunk and upper extremities accompanied by fever at the initiation of treatment (acute generalised exanthematous pustulosis). Stop using Nurofen for Children if you develop these symptoms and seek medical attention immediately. See also section 2.
- Skin becomes sensitive to light

## Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance. Website: [www.hpra.ie](http://www.hpra.ie).

By reporting side effects you can help provide more information on the safety of this medicine.

## 5. How to store Nurofen for Children Cold & Flu & Pain

Keep this medicine out of the sight and reach of children.

Do not use the medicine after the expiry date shown on the bottle label and carton.

The expiry date refers to the last day of that month.

This medicinal product does not require any special storage conditions.

## 6. Contents of the pack and other information

### What Nurofen for Children Cold & Flu & Pain Oral Suspension contains?

The active ingredient is Ibuprofen 100mg per 5 ml.

The other ingredients are:

Maltitol syrup, purified water, glycerine, citric acid, sodium citrate, sodium chloride, sodium saccharin, strawberry flavour 500244E, xanthan gum, polysorbate 80, domiphen bromide and propylene glycol E1520.

### What Nurofen for Children looks like and contents of the pack:

Nurofen for Children Cold & Flu & Pain is an off-white liquid available in 100ml and 150ml bottles.

Each pack contains either a spoon or a dosing syringe.

It contains 100mg of the active ibuprofen in every 5ml of medicine.

### Marketing Authorisation Holder and Manufacturer:

**PA Holder:** Reckitt Benckiser Ireland Ltd., 7 Riverwalk, Citywest Business Campus, Dublin 24

**Manufacturer of medicine:** Reckitt Benckiser Healthcare UK Limited, Hull, HU8 7DS, UK.

This leaflet was revised: upon approval