

## ✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many to take	How often to take them
Adults and children of 12 years and over	One or two	Every 4 to 6 hours, if you need to. <b>Don't take more than 6 tablets in 24 hours.</b>
Take the lowest amount for the shortest possible time to relieve your symptoms		

Swallow each tablet with water.

**Do not take for more than 3 days.** If you need to use this medicine for more than 3 days you must speak to your doctor or pharmacist.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If you forget to take the tablets, take them as soon as you remember. Do not make up for the missed tablets by taking more than 2 tablets at a time.

If your symptoms worsen at any time, or do not go away within 3 days, you must speak to your doctor or pharmacist.

**! If you take too many tablets:** Talk to a doctor straight away. Take your medicine and this leaflet with you.

### Possible withdrawal effects when stopping treatment

**This medicine contains codeine and can cause addiction** if you take it continuously for more than 3 days. When you stop taking it you may get withdrawal symptoms. You should talk to your doctor or pharmacist if you think you are suffering from withdrawal symptoms.

### Possible side effects

Most people will not have problems, but some people may have side effects when taking this medicine. If you are elderly you may be more likely to have some of these side effects.

If you have any unwanted side effects you should seek advice from your doctor, pharmacist or other healthcare professional.

Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side effects via the internet at [www.yellowcard.gov.uk](http://www.yellowcard.gov.uk); alternatively you can call Freephone 0800 100 3352 (available between 10 am - 2 pm Monday-Friday) or fill in a paper form available from your local pharmacy.

**! If you get any of these serious side effects, stop taking the tablets. See a doctor at once:**

- You are sick and it contains blood or dark particles that look like coffee grounds
- Pass blood in your stools or pass black tarry stools
- Stomach problems including pain, indigestion or heartburn
- Unexplained wheezing (asthma), worsening of existing asthma, difficulty in breathing, swelling of the face, tongue, neck or throat, fast heart rate, feeling faint or dizzy or collapse (severe allergic reactions)
- Allergic skin reactions such as itchy, red, raised rash (which can sometimes be severe and include peeling, blistering and lesions of the skin)
- Meningitis (e.g. stiff neck, fever, disorientation)
- Kidney problems, which may lead to kidney failure (you may pass more or less urine, have blood in the urine or cloudy urine, or feel breathless, very tired or weak, have no appetite, or have swollen ankles)

**These other effects are less serious.**

**If they bother you talk to a pharmacist:**

- Feeling sick or being sick
- Headache, blurred vision, drowsiness – do not drive or use machines if you feel drowsy or have blurred vision
- High blood pressure, heart failure (you may be tired, have difficulty breathing or swollen legs)

- Fluid retention, which may cause swelling of the limbs
- Slow or shallow breathing, problems clearing catarrh or phlegm from the chest
- Very rarely, yellowing of the skin or eyes, pale stools or upper abdominal pain (these may be signs of liver problems)
- Swelling or ulcers of the stomach or mouth lining, constipation
- Rarely, diarrhoea, wind, worsening of colitis or Crohn's disease
- Very rarely, tiredness or severe exhaustion, changes in the blood which may cause unusual bruising or unexplained bleeding and an increase in the number of infections that you get (e.g. sore throats, mouth ulcers, flu-like symptoms including fever)
- A small increased risk of heart attack or stroke if you take large amounts for a long time

**If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.**

### ! How do I know if I am addicted?

If you take the medicine according to the instructions on the pack it is unlikely that you will become addicted to the medicine. **However, if the following apply to you** it is important that you talk to your doctor:

- You need to take the medicine for longer periods of time
- You need to take more than the recommended amount
- When you stop taking the medicine you feel very unwell but you feel better if you start taking the medicine again

### How to store this medicine

These film-coated tablets do not require any special storage conditions. Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the foil or end flap of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

### What is in this medicine

Each film-coated tablet contains Codeine Phosphate Hemihydrate 12.8 mg, Ibuprofen 200 mg, which are the active ingredients.

As well as the active ingredients, the film-coated tablets also contain microcrystalline cellulose, sodium starch glycolate, pregelatinised maize starch, hypromellose. The tablet coating contains hypromellose, titanium dioxide (E171), talc.

The pack contains 16 or 32 white capsule-shaped tablets embossed with I+.

### Who makes this medicine

Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA, UK by Custom Pharmaceuticals Ltd Conway Street Hove East Sussex BN3 3LW, UK

Leaflet prepared April 2011

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA, UK

### Other formats

To request a copy of this leaflet in Braille, large print or audio please call free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Ibuprofen and Codeine 200 mg/12.8 mg Tablets

Reference Number: 00014/0662

This is a service provided by the Royal National Institute of Blind People.