

Package Leaflet: Information for the User

NUROMOL[®]

DUAL ACTION PAIN RELIEF

200mg/500mg Tablets,

Ibuprofen and Paracetamol



Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

You need to take this medicine carefully to get the best results from it. Nuromol Dual Action Pain Relief will be referred to as 'this medicine' throughout this leaflet.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- **This medicine is intended for temporary relief of mild to moderate pain that has not been relieved by either ibuprofen or paracetamol when used individually. See Section 3.**
- **You should not take this medicine for more than 3 days.**
- **You should not take this medicine if your pain has been relieved by using either ibuprofen or paracetamol individually.**
- If symptoms persist or worsen, consult your doctor.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist. See Section 4.

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1 What this medicine is and what it is used for

Your medicine is called Nuromol Dual Action Pain Relief 200mg/500mg Tablets.

This medicine contains two active ingredients (which make the medicine work). **These are Ibuprofen and Paracetamol.**

Ibuprofen belongs to a group of medicines known as non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs work by reducing pain, reducing swelling and lowering high temperatures. Paracetamol is an analgesic which works in a different way from ibuprofen to relieve pain and fever.

This medicine is used for the temporary relief of mild to moderate pain such as migraine, headache, backache, period pain, dental pain, rheumatic and muscular pain, cold and flu symptoms, sore throat and fever.

Nuromol Dual Action Pain Relief should be used only after trying either ibuprofen or paracetamol individually.

This medicine can be used in adults over 18 years old.

2 Before you take this medicine

Do not take this medicine if you:

- are already taking **any other paracetamol containing product**
- are taking any **other pain relieving products** including **ibuprofen, high dose aspirin** (above 75mg per day), or **other non-steroidal anti inflammatory drugs** (NSAIDs) including cyclo-oxygenase-2 (COX-2) specific inhibitors
- are **allergic to ibuprofen, paracetamol** or any other ingredients in this medicine
- are **allergic to aspirin or other NSAID painkillers**
- have or ever had an **ulcer or bleeding in your stomach or duodenum** (small bowel)
- have **blood clotting (coagulation) disorder**
- suffer from **heart, liver or kidney failure**
- are in the **last 3 months of pregnancy**
- are **under 18 years old.**

Talk to your doctor or pharmacist before using this medicine if you:

- are **elderly**
- have **asthma** or have suffered from asthma
- have **kidney, heart, liver or bowel** problems
- have **Systemic Lupus Erythematosus (SLE)** – a condition of the immune system affecting connective tissue resulting in joint pain, skin changes and disorder of other organs **or other mixed connective tissue disease**
- have **gastrointestinal disorders or chronic inflammatory bowel disease** (e.g. ulcerative colitis, Crohn's disease)
- are in the **first 6 months of pregnancy** or are **breastfeeding**
- are **planning to become pregnant**
- **have an infection** - please see heading "Infections" below.

Infections

This medicine may hide signs of infections such as fever and pain. It is therefore possible that this medicine 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 this medicine while you have an infection and your symptoms of the infection persist or worsen, consult a doctor without delay.

Skin reactions

- Serious skin reactions have been reported in association with this medicine. You should stop taking this medicine 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.

Anti-inflammatory/pain-killer medicines such as ibuprofen may be associated with a small increased risk of heart attack or stroke, particularly when used at high doses.

Do not take this medicine if you have not tried using either ibuprofen or paracetamol individually to relieve your pain. See Section 3.

You should discuss your treatment with your doctor or pharmacist before taking this medicine 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 of feet due to narrow or blocked arteries), or any kind of stroke (including 'mini-stroke' or transient ischaemic attack "TIA").
- have high blood pressure, diabetes, high cholesterol, have a family history of heart disease or stroke, or if you are a smoker.

Do not exceed the recommended dose or duration of treatment.

Taking this medicine with other medicines

Do not take this medicine with

- other **paracetamol containing** products
 - other **NSAID containing products** such as aspirin, ibuprofen.
- Some other medicines may also affect or be affected by the treatment of this medicine.

You should therefore always seek the advice of your doctor or pharmacist before you use this medicine with other medicines. For example:

- **corticosteroid** tablets
- **antibiotics** (e.g. chloramphenicol or quinolones)
- **anti sickness** medicines (e.g. metoclopramide, domperidone)
- medicines that are anti-coagulants (i.e. **thin blood/prevent clotting** e.g. aspirin/acetylsalicylic acid, warfarin, ticlopidine)
- **heart stimulants** (e.g. glycosides)
- medicines for **high cholesterol** (e.g. cholestyramine)
- **diuretics** (to help you pass water)
- medicines to reduce **high blood pressure** (ACE-inhibitors such as captopril, beta-blockers such as atenolol medicines, angiotensin-II receptor antagonists such as losartan)
- medicines to **suppress the immune system** (e.g. methotrexate, ciclosporine, tacrolimus)
- medicines for **mania or depression** (e.g. lithium or SSRIs)
- **mifepristone** (for pregnancy termination)
- **HIV medicines** (e.g. zidovudine).

Continued overleaf

Taking this medicine with food

To reduce the likelihood of side effects, take this medicine with food.

Pregnancy and breastfeeding

Ask your doctor or pharmacist for advice before taking any medicine. Do not take if you are in the last 3 months of your pregnancy. Talk to your doctor or pharmacist if you are in the first 6 months of pregnancy. This medicine may make it more difficult to become pregnant. Ibuprofen belongs to a group of medicines which may impair fertility in women. This is reversible on stopping the medicine. You should inform your doctor if you are planning to become pregnant or if you have problems becoming pregnant.

This medicine contains less than 1 mmol sodium (23 mg) per dose, that is to say essentially 'sodium-free'.

3 How to take this medicine

For oral use and for short term use only.

If you have an infection, consult a doctor without delay if symptoms (such as fever and pain) persist or worsen (see section 2).

For the first day of treatment, try a pain relief medication which contains a single active ingredient (either ibuprofen or paracetamol) in accordance with the product instructions. If during the first day of treatment with such medication your pain has not been relieved, then the next day you can take Nuromol Dual Action Pain Relief, following the instructions below.

Take 1 tablet with **water and food**, up to 3 times a day.

Leave at least **6 hours between doses**. If one tablet does not control symptoms, then a maximum of 2 tablets may be taken up to three times a day. **Do not take more than 6 tablets within 24 hours.** This is equivalent to 3000 mg paracetamol and 1200 mg ibuprofen a day.

Not for use by children or adolescents under 18 years.

Length of treatment

The lowest effective dose should be used for the shortest duration necessary to relieve symptoms. **You should not take this medicine for longer than 3 days.** If your symptoms worsen or persist, consult your doctor.

If you take more of this medicine than you should

Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage. If you have taken more of 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.

Symptoms of overdose 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 this medicine

Do not take a double dose to make up for a forgotten dose. If you forget to take a dose, take it as soon as you remember it and then take the next dose at least 6 hours later.

4 Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

STOP TAKING the medicine and tell your doctor if you experience:

- **heartburn, indigestion**
- **signs of intestinal bleeding** (severe stomach pain, or other abnormal stomach symptoms, vomiting blood or liquid with what looks like coffee granules, blood in the stools/motions, black tarry stools)
- **signs of inflammation of the brain lining** such as: stiff neck, headache, feeling or being sick, fever or feeling disorientated
- **signs of a severe allergic reaction** (swelling of the face, tongue or throat, difficult breathing, worsening of asthma).
- severe skin reactions such as blistering and peeling of the skin
- high blood pressure, water retention
- liver problems (causing yellowing of the skin and white of eyes)

- kidney problems (causing increased or decreased urination, swelling of the legs)
- heart failure (causing breathlessness, swelling)
- severe skin reaction known as DRESS syndrome (frequency not known). Symptoms of DRESS include: skin rash, fever, swelling of lymph nodes and an increase of eosinophils (a type of white blood cells).
- Skin becomes sensitive to light (frequency not known).

Other possible side effects:

Common may affect up to 1 in 10 people:

- stomach pain or discomfort, feeling or being sick, diarrhoea
- higher levels of liver enzymes (shown in blood tests)
- change in kidney function (shown in blood tests)
- excessive sweating

Uncommon may affect up to 1 in 100 people:

- headache and dizziness, wind and constipation, skin rashes, swelling of the face, itching.
- reduction in red blood cells number or increase in platelets (blood clotting cells)

Very rare may affect up to 1 in 10,000 people:

- reduction in blood cells (causing sore throat, mouth ulcers, flu-like symptoms, severe exhaustion, unexplained bleeding, bruising and nosebleeds. Stop taking this medicine and contact a doctor at once if this occurs)
- visual disturbances, ringing in the ears, spinning sensation
- confusion, depression, hallucinations
- fatigue, drowsiness, generally feeling unwell
- mouth ulcer
- inflammation of the pancreas
- worsening of ulcerative colitis and Crohn's disease
- 'pins and needles' e.g. pricking, tingling, burning or numbing sensation
- inflammation of the optic nerve, sensitivity to light

Medicines such as this medicine may be associated with a small increased risk of heart attack ("myocardial infarction") or stroke. (See section 2)

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

5 How to store this medicine

Keep out of the sight and reach of children. This medicine does not require any special storage conditions.

Do not use this medicine after the expiry date which is stated on the blister and the carton. The expiry date refers to the last day of that month. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6 Contents of the pack and other information

What this medicine contains

- The active substances are ibuprofen and paracetamol. Each film-coated tablet contains 200 mg of ibuprofen and 500 mg of paracetamol.
- The other ingredients are croscarmellose sodium, microcrystalline cellulose, colloidal anhydrous silica, magnesium stearate, stearic acid. Film coating: polyvinyl alcohol, titanium dioxide, talc, macrogol, potassium aluminium silicate (E555), polysorbate.

What this medicine looks like

This medicine is white to off-white, oval shaped, film-coated pearlescent tablets marked with an identifying helix. They are available in blister packs containing 4, 6, 8, 10, 12, and 16 tablets. Not all pack sizes may be marketed.

Licence holder: Reckitt Benckiser Healthcare (UK) Ltd, Slough, SL1 3UH. Manufacturer: Reckitt Benckiser Healthcare International Ltd, Nottingham, NG90 2DB

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