

# Ibuprofen

*Sounds like 'eye-bew-pro-fen'*

Ibuprofen is used to treat pain, inflammation and fever. Ibuprofen is safe for most people but extra care is needed in some situations.

## Take ibuprofen with food



Take the lowest dose for the shortest time. The medicine label will tell you how much to take.



Do not take more than the recommended amount.



Take with a meal. Do NOT skip meals while taking ibuprofen. Take ibuprofen with food to reduce stomach discomfort and heartburn.

## Ibuprofen products

- Ibuprofen is known by many names.
- The lower strength (200 mg) tablets can be bought from a supermarket or pharmacy.
- Strengths higher than 200 mg are only available on prescription.
- Never mix two or more medicines that contain ibuprofen, including cold and flu medicines.

## Tell your healthcare provider

- If you have high blood pressure, heart conditions, asthma or kidney problems.
- If you are dehydrated or vomiting.
- If you are taking any medicines, herbal products or Rongoā Māori. Some of these can affect ibuprofen.

## When you should not take ibuprofen

- If you are pregnant.
- If you have had an allergic reaction to ibuprofen in the past (such as hives or trouble breathing).
- If you are taking other anti-inflammatory medicines like diclofenac (Voltaren®) or naproxen (Naprosyn®).

## Serious side effects

Stop taking ibuprofen and contact your healthcare team or Healthline on 0800 611 116 if you notice any of these:

- Signs of an allergic reaction such as rash, swelling, shortness of breath, tight chest.
- Red or brown pee or black poo, coughing up blood, unusually heavy periods.
- Serious stomach pain, yellow skin or eyes, pale poo.

For more information about ibuprofen, visit [hn.org.nz/ibuprofen](https://www.healthnavigator.org.nz/ibuprofen)