

READ THESE INSTRUCTIONS CAREFULLY BEFORE USE

What you should know about Ibuleve Maximum Strength Gel 50g

About your treatment

The name of your treatment is Ibuleve Maximum Strength Gel. It contains 10% of ibuprofen as the active ingredient. It also contains the inactive ingredients IMS, carbomers, diethylamine and purified water. This tube contains 50g of Ibuleve Maximum Strength Gel. It is a clear or slightly hazy gel that contains no fragrance. It is also non-sticky and non-greasy.

Ibuprofen is a proven non-steroidal anti-inflammatory drug (NSAID), which works by relieving pain, reducing swelling and easing inflammation. Ibuleve Maximum Strength Gel is designed to be rapidly absorbed into the skin for effective relief at the point of pain.

(IBULEVE MAXIMUM STRENGTH GEL IS MADE FOR THE MARKETING AUTHORISATION HOLDER, DIOMED DEVELOPMENTS LTD, HITCHIN, HERTS, SG4 7QR, UK, AT DDD LTD, WATFORD, WD18 7JJ, UK.)

Your doctor or pharmacist has recommended or supplied Ibuleve Maximum Strength Gel for the relief of pain and inflammation in conditions such as:

- Backache
- Rheumatic and muscular pain
- Sprains
- Strains
- Lumbago
- Fibrositis
- Neuralgia

This product is also recommended for the relief of pain in common arthritic conditions.

When NOT to apply Ibuleve Maximum Strength Gel

- Do not use if you are allergic to any of its ingredients (as listed earlier).
- Do not use if you have experienced problems in the past with aspirin, ibuprofen or related painkillers (including when taken by mouth), especially where associated with a history of asthma, allergic rhinitis (nasal allergy) or urticaria (allergy of the skin associated with weals).
- Do not use if you are pregnant or breast feeding.
- Do not apply to broken or damaged skin, or near the eyes, nose and mouth.

Before you apply Ibuleve Maximum Strength Gel

Make sure it is appropriate for you to use Ibuleve Maximum Strength Gel.

Because Ibuleve Maximum Strength Gel is applied to the skin, directly over the painful area, there is less risk of the complications that sometimes arise when ibuprofen (or similar anti-

inflammatory painkillers) are taken by mouth. However, there are certain categories of patients who may be at risk in rare cases.

Do not use Ibuleve Maximum Strength Gel in any of the following cases without first seeking medical advice from a doctor or a pharmacist:

- If you have ever suffered from asthma.
- If you have a stomach ulcer (also called a peptic or gastric ulcer).
- If you have ever suffered from kidney problems.
- If you have ever shown intolerance to aspirin or ibuprofen taken by mouth.

For your safety

- Ibuleve Maximum Strength Gel is for external use only.
- Keep Ibuleve Maximum Strength Gel away from the eyes, nose and mouth.
- Ibuleve Maximum Strength Gel is not recommended for use on children under the age of 12 years, unless instructed by their doctor.
- Interaction between Ibuleve Maximum Strength Gel and blood pressure lowering drugs is possible, in theory, although very unlikely. If you would like more advice, speak to your doctor or pharmacist.
- Where aspirin or other NSAID tablets are taken concurrently, it is important to bear in mind that these may increase the incidence of undesirable effects.
- If Ibuleve Maximum Strength Gel is accidentally swallowed, contact a doctor or hospital straight away.

If you would like more advice, speak to your doctor or a pharmacist.

How to apply Ibuleve Maximum Strength Gel

Ibuleve Maximum Strength Gel is for external use only.

Unscrew the cap, turn it upside-down and use the sharp point inside the cap to pierce the tube membrane.

Lightly apply 2 to 5 cm of gel (50 to 125 mg ibuprofen) over the affected area. Massage gently until absorbed. Wash hands after use, unless treating them. Repeat as required, up to three times daily, or as instructed by your doctor. Unless recommended by a doctor, medical advice should be sought about continued treatment if symptoms persist for more than a week. Do not exceed the stated dose.

The Ibuleve Tube Squeezer

For those who experience difficulty in squeezing tubes with their hands, we have provided an Ibulever with this pack. For economy, the Ibulever will help expel the last few grams of gel when the tube is nearly empty. Before using the Ibulever, ensure that the tube nozzle has been pierced with the point in the top of the tube cap.

1. Slide the folded end of the tube into the slit of the Ibulever.
2. Carefully turn the Ibulever to roll up the tube until the required amount of gel is dispensed.

3. Once attached, the Ibuleve should be left in place on the end of the tube. Always replace the cap after each application.

During your treatment

Because the preparation is applied to the skin, directly over the affected area, there is less risk of the complications that can sometimes arise when ibuprofen is taken by mouth. However, undesirable effects can occur very occasionally. Mostly these involve application site skin rashes, itching or irritation. Very rarely, wheezing may occur in people who already have a history of asthma or allergic problems, or kidney problems may occur in people with kidney disease. Abdominal pain or stomach upset have been reported in rare instances, as have non-specific allergic reactions. If you are in any doubt about your treatment, or if you experience any of the following, stop treatment immediately and tell your doctor or pharmacist: **unexplained** bruising, wheezing, shortness of breath, skin rash, itching, facial swelling, or any other undesirable effect.

How to store Ibuleve Maximum Strength Gel

This product should not be used after the expiry date shown on the fold of the tube.

Always replace the cap tightly after use.

Keep Ibuleve Maximum Strength Gel in a safe place where children cannot see or reach it. Do not store above 25°C.

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