

Ibuprofen

Say '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, for example if you have high blood pressure, heart or kidney problems, stomach problems (such as ulcers or bleeding), asthma, are aged 65 or older, or smoke. Discuss with your healthcare provider whether taking ibuprofen is suitable for you.

Take ibuprofen with food and water



Take with food to prevent indigestion or heartburn.



Stay hydrated while you are taking ibuprofen by drinking plenty of water – this will help to protect your kidneys.

Take the lowest dose for the shortest time



The usual dose for adults is 200 mg to 400 mg three or four times a day as needed.



Do not take more than the recommended amount.

Other medicines may have ibuprofen in them

Some pain, cold and flu medicines also have ibuprofen in them, eg, Nurofen®, Nurofen Cold and Flu PE® and Maxigesic®.

Check the ingredients of medicines carefully before you take them.

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 or herbal products.



Common and serious side effects are listed on the next page

When you should NOT take ibuprofen

- If you have current or previous stomach problems such as ulcers or bleeding.
- If you are pregnant.
- If you have heart failure or chest pain (angina).
- If you have had a stroke or heart attack.
- If you have chronic kidney disease.
- If you have had an allergic reaction (such as hives or trouble breathing) to ibuprofen, aspirin, or other similar medications (discuss with your healthcare provider).
- If you are taking medicines to reduce blood clots (anticoagulants) such as warfarin, dabigatran and rivaroxaban.
- If you are taking other anti-inflammatory medicines like diclofenac (Voltaren®), naproxen (Naprosyn®) or celecoxib (Celebrex).
- If you are taking blood pressure medicines (you need to check with your healthcare provider before taking ibuprofen).

Common side effects

- These are usually mild and go away with time. Talk to your healthcare team if these side effects cause you problems or don't go away:
- indigestion, heartburn, stomach upset
- runny poo (diarrhoea).

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 – these can be signs of bleeding.
- Swollen ankles, blood in your pee or not peeing at all – these can be signs of a kidney problem.

 For more information about ibuprofen, visit hn.org.nz/ibuprofen

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