





140mm

255mm

3. How to use Ibuprofen Gel

Ibuprofen Gel is for adults and children over 14 years old.

- Always try on a small area first.
- Use 1-4cm each time you use Ibuprofen Gel.
- Apply the gel as a thin layer over the affected area.
- Gently rub in the gel until it is absorbed.
- Do not use more gel than recommended.
- Repeat these steps up to 3 times a day but no more. Do not use more often than every 4 hours. If the pain or swelling continues after using the gel for **2 weeks** see your doctor.
- Unless you are treating your hands always wash your hands immediately after use.
- Replace the cap tightly.
- Stop using Ibuprofen Gel if you get excessive skin irritation or other unwanted effects.

Do not cover the skin with bandages, plasters or any other dressing. However, it is safe to cover the skin with your clothes.

If you use more Ibuprofen Gel than you should
If you accidentally squeeze out too much gel use a tissue to wipe off any excess.

If you or a child accidentally swallow the gel contact your doctor or hospital immediately.

If you forget to use Ibuprofen Gel
Apply Ibuprofen Gel again when you remember making sure you do not use the gel more than 3 times in one day or more often than every 4 hours.

4. Possible side effects

Like all medicines, Ibuprofen Gel can cause side effects, although not everybody gets them.

Stop using Ibuprofen Gel straight away and tell your doctor if you experience any of the following effects:

- unexplained wheezing
- shortness of breath
- blisters or a rash on the skin
- itching, redness or bruising of the skin
- swelling of the face

A slight redness, drying, tingling or burning feeling may occur where you have applied the gel. This is not a cause for concern. However, if this gets worse stop using Ibuprofen Gel and tell your doctor.

Unwanted effects may be reduced if you use the smallest dose for as short a time as possible.

More **rarely** you may suffer from:

- Stomach pains or indigestion.
- Kidney problems if you have kidney disease.

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. By reporting side effects you can help provide more information on the safety of medicines.

5. How to store Ibuprofen Gel

Keep out of the sight and reach of children.
Close the cap tightly and store in a cool place (below 25°C).
Do not use Ibuprofen Gel after the expiry date which is printed on the carton and tube. The 'expiry date refers to the last day of that month.

Take any Ibuprofen Gel that is out of date to a pharmacist for disposal.

6. Further information

What Ibuprofen Gel contains

The active substance is:

- ibuprofen (5%w/w)

The other ingredients are propylene glycol, carbomer, di-isopropanolamine, ethanol and water (see the end of Section 2).

What Ibuprofen Gel looks like and contents of the pack

Ibuprofen Gel is a clear gel.
Each tube contains 15, 35, 50g or 100g.
Not all pack sizes may be marketed.

Marketing authorisation holder and manufacturer:



The Mentholatum Company Limited,
East Kilbride, G74 5PE, Scotland, UK.
Tel: 01355 848484

PL 00189/0024

For any information about this product please contact the manufacturer at the above address.

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