

Strefen Honey and Lemon

Contains Flurbiprofen

INFORMATION FOR THE USER

Read all of this leaflet carefully because it contains important information for you. This medicine is available without prescription. Always use this medicine exactly as described in this leaflet or as your doctor, nurse or pharmacist has told you. However, you still need to use Strefen Honey and Lemon lozenges carefully to get the best results from it.

- Keep this leaflet. You may want to read it again.
- Ask your pharmacist if you need more information or advice.
- You must talk to a doctor if you do not feel better or if you feel worse after 3 days.
- **If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.**

What is in this leaflet:

1. What Strefen Honey and Lemon are and what they are used for
2. Before you take Strefen Honey and Lemon
3. How to take Strefen Honey and Lemon
4. Possible side effects
5. How to store Strefen Honey and Lemon
6. Contents of the pack and other information

1. WHAT STREFEN HONEY AND LEMON ARE AND WHAT THEY ARE USED FOR

The active ingredient (which makes Strefen Honey and Lemon work) is Flurbiprofen. It belongs to a group of medicines known as non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs provide relief by changing the body's response to pain, swelling, and high temperature. Strefen Honey and Lemon lozenges are used for the short-term relief of symptoms of sore throat such as throat pain and soreness in adults and children over the age of 12 years.

2. BEFORE TAKING STREFEN HONEY AND LEMON

Do not take Strefen Honey and Lemon if you:

- are allergic (hypersensitive) to Flurbiprofen or to any of the other ingredients of this medicine (see section 6)
- currently have (or have had two or more episodes of) a stomach ulcer, intestinal ulcers, or gastrointestinal bleeding
- have ever had asthma, unexpected wheezing or shortness of breath, a runny nose, facial swelling or itchy rash (hives) after taking aspirin or any other NSAID medicine
- have had gastrointestinal bleeding or perforation, severe colitis (inflammation of the bowel) or bleeding disorders when taking NSAID medicines in the past
- are taking high dose aspirin (more than 75mg of aspirin per day) or another NSAID medicine (such as celecoxib, ibuprofen, diclofenac sodium etc)
- have severe heart failure, severe kidney failure or severe liver failure
- are in the last 3 months of pregnancy

Warnings and Precautions

Talk to your doctor or pharmacist before taking Strefen Honey and Lemon if you:

- have or have had asthma or suffer from allergies

- have tonsillitis (inflamed tonsils) or think you may have a bacterial throat infection (as you may need antibiotics)
- have heart, kidney or liver problems
- have had a stroke
- have a history of bowel disease (such as ulcerative colitis, Crohn's disease)
- suffer from chronic autoimmune disease such as systemic lupus erythematosus and mixed connective tissue disease
- are elderly, as you are more likely to experience the side effects listed in this leaflet
- are in the first 6 months of pregnancy or breast-feeding

Other medicines and Strefen Honey & Lemon

Please tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicine. In particular, tell them if you are taking:

- low dose aspirin (up to 75 mg daily)
- medicines for high blood pressure or heart failure (antihypertensives, cardiac glycosides)
- water tablets (diuretics, including potassium sparing drugs)
- medicines for thinning the blood (anticoagulants, antiplatelet agents)
- medicines for gout (probenecid, sulfinpyrazone)
- Other NSAID medicines or corticosteroids (such as celecoxib, ibuprofen, diclofenac sodium or prednisolone)
- mifepristone (a medicine used for pregnancy termination)
- quinolone antibiotics (such as ciprofloxacin)
- cyclosporine or tacrolimus (to suppress the immune system)
- phenytoin (to treat epilepsy)
- methotrexate (to treat autoimmune diseases or cancer)
- lithium or SSRIs (for depression)
- oral antidiabetics (to treat diabetes)
- zidovudine (to treat HIV)

Taking Strefen Honey & Lemon with food, drink and alcohol.

Alcohol should be avoided during treatment with Strefen Honey & Lemon lozenges as it increases the risk of bleeding in the stomach or intestines.

Strefen Honey & Lemon contains

Liquid Glucose 1069mg and Liquid Sucrose 1407mg per lozenge.

This should be taken into account in patients with diabetes mellitus.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Pregnancy breast-feeding and fertility

Do not take this medicine if you are **in the last 3 months of pregnancy**. If you are in the first 6 months of pregnancy or are breast-feeding, speak to your doctor before taking these lozenges.

Flurbiprofen belongs to a group of medicines which may impair fertility in women. This effect is reversible on stopping the medicine. It is unlikely that the lozenges, used occasionally, will affect your chances of becoming pregnant; however, tell your doctor before taking this medicine if you have problems becoming pregnant.

Driving and using machines

No studies on the effects on the ability to drive and use of



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machines have been performed. However, dizziness and visual disturbances are possible side effects after taking NSAIDs. If affected, do not drive or operate machinery

3. HOW TO TAKE STREFEN HONEY AND LEMON

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults, the elderly and children aged 12 years and older:

Take one lozenge by mouth and suck slowly. Always move the lozenge around whilst sucking. The lozenges should start to work within 30 minutes. Then take one lozenge every 3-6 hours, if needed.

Do not take more than 5 lozenges in a 24 hour period.

Do not give to children under 12 years.

These lozenges are for short-term use only. You should take as few lozenges as you need for the shortest time necessary to relieve your symptoms. If mouth irritation occurs, flurbiprofen treatment should be withdrawn. **Do not take for longer than 3 days** unless your doctor tells you to. If symptoms persist or the pain worsens, or if any new symptoms occur, consult your doctor or pharmacist.

If you take more Strefen Honey and Lemon than you should, you may feel drowsy or nauseous. You should seek immediate medical advice in the event of an overdose, even if you feel well.

If you forgot to take Strefen Honey and Lemon.

If you forget to take this product, do not 'double dose' to make up for a forgotten dose.

4. POSSIBLE SIDE EFFECTS

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

STOP TAKING the medicine and seek immediate medical help if you develop:

- signs of an allergic reaction such as asthma, unexplained wheezing or shortness of breath, itchiness, runny nose, skin rashes, etc.
- swelling of the face, tongue or throat causing difficulty in breathing, racing heart and drop in blood pressure leading to shock (These can happen even on the first use of the medicine.)
- severe skin reactions such as peeling, blistering or flaking skin.

Tell your doctor or pharmacist if you notice any of the following effects or any effects not listed:

Common (may affect up to 1 in 10 people)

- dizziness, headache
- throat irritation
- mouth ulcers or pain in the mouth
- throat pain
- discomfort or unusual sensation in the mouth (such as warmth, burning, tingling, prickling, etc.)
- nausea and diarrhoea
- prickling and itching sensation in skin

Uncommon (may affect up to 1 in 100 people)

- drowsiness
- blistering in the mouth or throat, numbness in the throat
- stomach bloating, abdominal pain, wind, constipation, indigestion, vomiting.
- dry mouth



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- burning sensation in the mouth, altered sense of taste
- skin rashes, itchy skin
- fever, pain
- feeling sleepy or difficulty in falling asleep
- worsening of asthma, wheezing, shortness of breath
- reduced sensation in the throat

Rare (may affect up to 1 in 1000 people)

- anaphylactic reaction

Frequency not known (cannot be estimated from the available data)

- anaemia, thrombocytopenia (low platelet count in the blood that can give rise to bruising and bleeding)
- swelling (oedema), high blood pressure, heart failure or attack
- severe forms of skin reactions such as bullous reactions, including Stevens-Johnson syndrome and Lyell's syndrome and toxic epidermal necrolysis.
- hepatitis (inflammation of the liver)

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 this medicine.

5. HOW TO STORE STREFEN HONEY AND LEMON

Keep all medicines out of the sight and reach of children.

Do not use this medicine after the expiry date, which is stated on the pack after EXP. The expiry date refers to the last date of that month.

Store in the original carton.

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 Strefen Honey & Lemon lozenges contains:

The active ingredient (the ingredient which makes the medicine work) is flurbiprofen 8.75 mg. Also contains: Macrogol 300, Potassium hydroxide, Lemon flavour, Levomenthol, Liquid sucrose, Liquid glucose, Honey

What Strefen Honey & Lemon lozenges looks like and contents of the pack

The Strefen Honey and Lemon lozenges are round, pale yellow to brown in colour with an icon embossed on both sides of the lozenge. They are available in packs of 2, 4, 6, 8, 10, 12, or 16 lozenges. Not all packs will be marketed.

Marketing Authorisation Holder:

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Manufacturer:

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Produce licence number: PL 00063/0714

Date of revision: July 2016



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