

## Naprogesic®

NAPROXEN SODIUM 275 mg.

### Consumer Medicine Information

#### Period Pain and how Naprogesic® can help.

Most women will get period pain at some time in their lives. It's not uncommon to get pain with every period.

#### What are the symptoms of period pain?

The type of symptoms and how severe they are vary from woman to woman and period to period. You can feel heavy and bloated, experience cramps, headaches and lower back pain. Even if you suffer just one of these symptoms, it can make you uncomfortable and disrupt your day.

#### How long does period pain last?

This also varies. Your period pain could last for just one day a month or up to four days a month. You'll most probably find your pain is strongest the day your period starts.

#### What causes period pain?

If you experience period pain within a couple of years of getting your periods, then the cause of period pain is most probably tiny molecules called prostaglandins.

When you have your period these are released to help the muscles of your uterus contract so it can expel its lining. The strength of contractions depends on the amount of prostaglandins your body produces. If your body produces a lot of these molecules, or if you are particularly sensitive to them, they may cause pain.

#### How does Naprogesic® relieve the pain?

Naprogesic has been made especially for period pain. It decreases the amount of prostaglandins produced, this reduces contractions and therefore relieves pain. Naprogesic is effective for the relief of aches and pains associated with period pain, such as abdominal cramps, headache and lower back pain.

#### Can severe period pain indicate a problem?

If your period pain didn't start until you were in your mid 20's or older, it could be a sign that something is wrong, so see your doctor. You should consult your doctor if your period pain is more painful than usual, persistently severe, if you feel pelvic pain with bowel movements, or if you bleed in-between periods. These could be symptoms of any number of conditions, some of which require urgent medical attention. So, don't just put up with unusual pain or bleeding, hoping it will go away. If you have no relief after taking this product for 3 days, see your doctor.

#### Can everyone take Naprogesic®?

Naprogesic is suitable for adolescents from the onset of normal puberty.

Most women can take Naprogesic without a problem. However as with all medications, there may be a small number of people who are sensitive to the active ingredient. If you experience any side effects which concern you, stop taking Naprogesic and see your doctor for advice.

Do not use Naprogesic:

- If the blister foil is broken.

- If you have a stomach ulcer, impaired kidney function or heart failure.
- If you are allergic to naproxen or other anti-inflammatory medicines. If you get an allergic reaction, stop taking and see your doctor immediately.
- If you have asthma, unless a doctor has told you to.
- With other products containing naproxen, aspirin or other anti-inflammatory medicines; or with medicines that you are taking regularly, unless advised by your doctor or pharmacist.
- For more than a few days at a time unless a doctor has told you to. Do not exceed the recommended dose. Excessive use can be harmful and increase the risk of heart attack, stroke or liver damage.
- If trying to become pregnant, or during the first 6 months of pregnancy.

If you are currently taking anti-coagulant therapy do not take Naprogesic unless it is with the recommendation and close supervision of your doctor. Severe complications may arise if these two medications are taken together.

Naprogesic has been found in the breast milk of lactating mothers. As the effect of Naprogesic on the newborn infant is not known, it is not recommended for breastfeeding mothers.

#### When should I take Naprogesic®?

Naprogesic should be taken with food. It works best when taken at the first sign of period pain or menstrual bleeding (which ever occurs first).

To relieve period pain, take 2 tablets initially, followed by one tablet every 6-8 hours as required.

Take each dose with a glass of water. The total daily dosage should not exceed 5 tablets.

#### Product Description:

Light blue film coated tablets.

They are lactose and gluten free.

#### Active Ingredient:

NAPROXEN SODIUM 275 mg.

#### What can I do to get more information about Naprogesic®?

Call our information and advice line in Australia on 1800 008 757 or in New Zealand on 0800 229 376. You'll be put through to a professional from our company who will be very happy to answer any questions you have. Your doctor or pharmacist is also there to help. In the event of an overdose, immediately consult a doctor or contact the Poisons Information Centre (in Australia phone 131126; New Zealand 0800 POISON (0800 764 766)).

Manufactured in Germany

Bayer Australia Ltd Pymble NSW 2073 Australia  
Ph: 1800 008 757

Bayer New Zealand Ltd Auckland New Zealand  
Ph: 0800 229 376

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