

Where to go for further information:

- Your doctor
- Your pharmacist
- NPS MedicineWise
- 13HEALTH (1343 2584)
- Arthritis Australia website: arthritisaustralia.com.au
- Australian Institute of Health and Welfare: www.aihw.gov.au

Information to create this document was obtained from the following sources:

1. Arthritis Australia website (arthritisaustralia.com.au)
2. Australian Institute of Health and Welfare (www.aihw.gov.au. Treatment and management of arthritis. Last updated 30/07/2020).
3. Therapeutic Guidelines Limited 2021 (www.tg.org.au. Non-opioid analgesics in pain management. Last updated March 2021.)
4. Australian Medicines Handbook (amhonline.amh.net.au. Ibuprofen. Last updated July 2021).

Contact us

Ipswich Hospital pharmacists are ready to assist you with your medicines.

Please contact us if you have any medicine-related enquiries.

Phone: 07 3810 1222

Address: Pharmacy Department
Ipswich Hospital,
Chelmsford Ave
Ipswich QLD, 4305

Email: ipswichpharm@health.qld.gov.au

Interpreter Services

available 24 hours a day, seven days a week at no charge.
Please contact our staff for assistance.



Managing mild to moderate pain with over-the-counter pain medicines

Ibuprofen

An anti-inflammatory medicine for pain relief



Pain management options

There are many ways to manage pain. Often lifestyle changes and medicines are required for optimal pain control.

Your health professional can help tailor a plan just for you.

Lifestyle factors

Physical (Body)	Psychological (Mind)	Social (Lifestyle)
Physiotherapy Gentle exercise Hot or cold packs	Relaxation Distraction Cognitive Behavioural Therapy (CBT)	Healthy eating Smoking reduction/cessation Reduce alcohol Better sleep habits



Ibuprofen

There are many ways to manage your pain using pain relief medicines (analgesics).^{1,2}

Often, ibuprofen is used in combination with paracetamol, as it has been shown to be **effective** and **safe** at the recommended doses for most people. *

Recommended doses^{3,4}

Ibuprofen 200mg tablet (Some brand names include: Nurofen®, Advil®)	Adult dose: 1-2 tablets every SIX to EIGHT hours. Usual maximum dose is 6 tablets (=1.2g) per day [^]
Ibuprofen 400mg tablet (Some brand names include: Brufen®, Nurofen Double Strength®)	Adult dose: 1 tablet every SIX to EIGHT hours. Usual maximum dose is 3 tablets (=1.2g) per day [^]

*Ibuprofen can interact with some other medications and medical conditions. Check with your GP or pharmacist before starting ibuprofen.⁴

[^]Higher doses may sometimes be recommended by your healthcare professional.

How to get the most out of your medicine

- Ibuprofen can be taken either with, or without, meals. However, if it upsets your stomach, try taking it with food.
- Ibuprofen takes about 30 minutes to become effective. If pain is triggered by certain activities, take ibuprofen as required, 30-60 minutes before that activity.
- For chronic or persistent pain, ibuprofen can be taken at regular intervals to give you continuous pain relief.^{3,4}
- Ibuprofen is best taken short-term (for 1-2 weeks), if possible.⁴ If symptoms improve, consider a trial of stopping your ibuprofen and monitor your pain levels.

When to see your GP

- If you have a kidney condition, liver impairment, high blood pressure, heart condition, previous stroke, asthma, or history of bleeding disorders, consult your GP before taking ibuprofen.⁴
- If your pain persists despite optimal doses of ibuprofen, consult your healthcare professional.