

Proxen® 250 mg film-coated tablets

Active substance: naproxen



Read all of this leaflet carefully before you start taking this medicine.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- This medicine has been prescribed for you personally and you should not pass it on to others. It may harm other people even if they have the same illness as you.
- If one of the side-effects causes you a lot of trouble or you notice side-effects that are not listed in this information leaflet, please inform your doctor or pharmacist.

This package information leaflet tells you:

1. What are Proxen 250 mg film-coated tablets and for what are they used?
2. What must you take into account before taking Proxen 250 mg film-coated tablets?
3. How are Proxen 250 mg film-coated tablets to be taken?
4. What side-effects may occur?
5. How are Proxen 250 mg film-coated tablets to be stored?
6. Additional Information

1. WHAT ARE PROXEN 250 MG FILM-COATED TABLETS AND FOR WHAT ARE THEY USED?

Proxen 250 mg film-coated tablets are a medicinal product that kills pain, reduces fever and stops inflammation (non-steroidal anti-inflammatory/analgesic drug).

Indications

Symptomatic treatment of pain and inflammation in

- acute inflammation of the joints (acute arthritis), including gout;
- chronic inflammation of the joints (chronic arthritis), in particular chronic inflammation of several joints (rheumatoid arthritis);
- ankylosing spondylitis and other inflammatory rheumatic spinal diseases;
- irritation in degenerative joints and spinal diseases (arthritis and spondylarthritis);
- inflammatory soft-tissue rheumatism;
- painful swelling or inflammation after injury.

2. WHAT MUST YOU TAKE INTO ACCOUNT BEFORE TAKING PROXEN 250 MG FILM-COATED TABLETS?

Proxen 250 mg film-coated tablets must not be taken in

- known allergy to the active substance naproxen or one of the other components of the medicine;
- if in the past you have had asthma attacks, swollen mucous membranes of the nose, or skin reactions after taking acetylsalicylic acid or other non-steroidal anti-inflammatory agents;
- unexplained disorders of blood formation;
- if you have, or have had, repeated bouts of peptic ulcers or bleeding (ulcers or bleeding on at least two different occasions);
- previous bleeding or perforation of the stomach or bowels in connection with previous therapy with non-steroidal anti-inflammatory drugs (NSAID);
- bleeding in the brain (cerebrovascular haemorrhage) or other active bleeding;
- severe disorders of liver or kidney function;
- very weak heart (cardiac insufficiency);
- the last three months of pregnancy.

Children below the age of 12 years must not take Proxen 250 mg film-coated tablets because the quantity of the active ingredient is too high.

Special care is necessary when taking Proxen 250 mg film-coated tablets.

The following describes certain conditions under which you can take Proxen 250 mg film-coated tablets only with special care (i.e. at longer intervals or in a lower dose and under the supervision of a doctor). Please consult your doctor. You should also do so if these statements applied to you at any time in the past.

Safety in the stomach and bowels

You should not take Proxen 250 mg film-coated tablets together with other non-steroidal anti-inflammatory agents, incl. so-called COX-2 inhibitors (cyclo-oxygenase-2 inhibitors). Side-effects may be reduced by taking the lowest effective dose over the shortest period necessary to control the symptoms.

Elderly patients

In elderly patients side-effects occur more often after non-steroidal anti-inflammatory drugs, in particular bleeding and perforation of the stomach and bowels, which in some cases may be life-threatening. Therefore elderly patients must be monitored very carefully by the doctor.

Bleeding, ulcers and perforation of the stomach and bowels

There have been reports of bleeding, ulcers and perforation of the stomach and bowels, in some cases resulting in death, with all NSAIDs. They occurred at any time during therapy with or without any warning signs or a history of severe problems in the stomach and bowels.

The risk of bleeding, ulcers and perforation of the stomach and bowels is higher with increasing doses of NSAIDs, in patients who have previously had ulcers, especially with complications of bleeding or perforation (see section 2: "Proxen 250 mg film-coated tablets must not be taken"), and elderly or weak patients. These patients should start with the lowest available dose.

In these patients and those who also require treatment with low-dosed acetylsalicylic acid (ASA) or other drugs that may increase the risk of diseases of the stomach and bowels, combination therapy with agents that protect the lining of the stomach (e.g. misoprostol or proton pump inhibitors) should be considered.

If you have suffered from side-effects of the stomach and bowels in the past, especially if you are old, you should report any unusual symptoms in your bowels (in particular bleeding) especially at the start of treatment.

Care should be taken if you also take drugs that may increase the risk of ulcers or bleeding, e.g. oral corticosteroids, drugs to prevent blood clotting such as warfarin, selective serotonin re-uptake inhibitors used to treat depression, or thrombocyte aggregation inhibitors such as ASA (see section 2: "Taking Proxen 250 mg film-coated tablets with other medicines").

If you suffer from bleeding or ulcers of the stomach or bowels during treatment with Proxen 250 mg film-coated tablets, you must stop taking them.

In patients with a history of stomach or bowel disease (ulcerative colitis, Crohn's disease) NSAIDs should be used with care, because their condition may become worse (see section 4).

Effects on the heart and blood circulation

Drugs such as Proxen 250 mg film-coated tablets may be associated with a slightly higher risk of heart attack or stroke. Any risk is higher with high doses and long-term treatment. Do not take more than the recommended dose or take it for longer than instructed.

If you have problems with your heart or have already had a stroke, or you think that you are at risk for these diseases (e.g. if you have high blood pressure, diabetes, high cholesterol levels, or smoke), you should consult your doctor or pharmacist about your treatment.

Skin reactions

During NSAID treatment there have been very rare reports of severe skin reactions with redness and blisters, in some cases resulting in death (exfoliative dermatitis, Stevens-Johnson syndrome and toxic epidermal necrolysis/Lyell syndrome; see section 4). The risk of such reactions appears to be highest at the start of treatment, because in most cases these reactions occurred in the first month of treatment. At the first sign of rash, damage to the mucous membranes or other signs of allergy Proxen 250 mg film-coated tablets should be stopped and a doctor consulted immediately.

Other Points

Proxen 250 mg film-coated tablets should only be given after careful consideration of the benefit/risk ratio in

- certain in-born disorders of blood formation (e.g. acute intermittent porphyria);
- certain diseases of the auto-immune system (systemic lupus erythematosus and mixed connective tissue disease).

Particularly careful medical supervision is necessary in

- restricted kidney or liver function;
- high blood pressure (hypertension) or weak heart (cardiac insufficiency);
- immediately after a major operation;
- allergies (e.g. skin reactions to other medicines, asthma, hay-fever), chronic swelling of the mucous membranes of the nose or chronic obstruction of the airways;
- if you also take more than 15 mg methotrexate a week.

Severe acute allergic reactions (e.g. anaphylactic shock) are very rare. At the first sign of an allergic reaction after taking Proxen 250 mg film-coated tablets treatment must be stopped. Symptoms of allergic reactions are asthma attacks (called analgesic intolerance/analgesic asthma), swollen skin and mucous membranes (called angio-neurotic oedema) or nettle-rash (urticaria). The appropriate medical steps must be taken by experts.

Taking pain-killers for a long time may give rise to headache that must not be treated by increasing the dose. Consult your doctor if you often have headache despite taking Proxen 250 mg film-coated tablets.

In general, habitual intake of pain-killers, in particular combined with several other pain-killers, may lead to permanent damage to the kidneys with the risk of kidney failure (analgesic nephropathy).

Like other medicines that inhibit prostaglandin synthesis, Proxen 250 mg film-coated tablets may make it harder for you to become pregnant. You should inform your doctor if you plan to become pregnant or if you have difficulty becoming pregnant. If you are also taking drugs to stop blood clotting or reduce your blood sugar, your blood clotting status or blood sugar should be checked as a precaution.

Naproxen, the active substance of Proxen 250 mg film-coated tablets, may affect blood platelet function (thrombocyte aggregation) for a time. Therefore patients with blood clotting problems should be carefully monitored.

If you take Proxen 250 mg film-coated tablets together with lithium preparations (drugs for the treatment of psychological diseases) or certain drugs to make you pass water (potassium-sparing diuretics), lithium and potassium concentrations in the blood must be checked (see section 2: "Taking Proxen 250 mg film-coated tablets with other medicines").

If you take Proxen 250 mg film-coated tablets for a long time, your liver values, kidney function and blood picture must be checked regularly.

If you take Proxen 250 mg film-coated tablets before an operation, your doctor or dentist should be consulted.

If you have trouble with your eyes during treatment with naproxen, you should have your eyes tested.

Children and adolescents

Children below the age of 12 years must not take Proxen 250 mg film-coated tablets because the quantity of the active substance is too high.

Taking Proxen 250 mg film-coated tablets with other medicines

Please inform your doctor or pharmacist if you are taking/using or have recently taken/used other medicines, even if they do not require a prescription.

If you take Proxen 250 mg film-coated tablets together with digoxin (a medicine to strengthen the heart), phenytoin (for the treatment of fits) or lithium (for the treatment of psychological diseases) the concentration of these drugs in the blood may increase. Serum lithium levels must be checked.

Proxen 250 mg film-coated tablets may weaken the effect of drugs that increase the passing of water and lower blood pressure (diuretics and antihypertensive agents).

Proxen 250 mg film-coated tablets may decrease the effectiveness of ACE inhibitors (drugs for the treatment of weak heart and to lower blood pressure). If taken together, the risk of kidney function disorders may increase.

If you take Proxen 250 mg film-coated tablets together with potassium-sparing drugs that increase the passing of water (certain diuretics) the potassium level in your blood may increase.

If you take Proxen 250 mg film-coated tablets together with other drugs of the group of non-steroidal anti-inflammatory drugs that stop inflammation and pain or with glucocorticoids, the risk of ulcers or bleeding in the stomach or bowels increases.

Thrombocyte aggregation inhibitors such as acetylsalicylic acid and certain antidepressants (selective serotonin re-uptake inhibitors/SSRI) may increase the risk of bleeding in the stomach and bowels.

If you take Proxen 250 mg film-coated tablets within 24 hours before or after methotrexate, the concentration of methotrexate in your blood may rise and its undesirable effects may be more severe.

Non-steroidal anti-inflammatory drugs (such as naproxen) may intensify the damaging effect on the kidneys of ciclosporin (drug to prevent rejection after transplantation, but which is also used in the treatment of rheumatism).

Medicines containing probenecid or sulfinpyrazone (for the treatment of gout) may delay the excretion of naproxen. As a result Proxen 250 mg film-coated tablets may accumulate in the body and side-effects may increase.

Non-steroidal anti-inflammatory drugs may increase the effect of drugs that stop blood clotting as Warfarin.

Antacids (drugs to prevent too much acid in the stomach) may reduce the absorption of Proxen 250 mg film-coated tablets.

Clinical studies have so far not shown any interactions between naproxen and oral anti-diabetics (drugs for the treatment of diabetes). Nevertheless, your blood sugar levels should be checked if you take these drugs at the same time.

What food and beverages should be avoided if you take Proxen 250 mg film-coated tablets?

When taking Proxen 250 mg film-coated tablets, you should if possible not drink alcohol.

Pregnancy

If you become pregnant whilst taking Proxen 250 mg film-coated tablets, please inform your doctor. In the first six months of pregnancy you may only take naproxen after consulting your doctor. In the last three months of pregnancy you must not take Proxen 250 mg film-coated tablets because of the greater risk of complications for the mother and the child during birth.

Proxen 250 mg film-coated tablets should not be taken in the period following childbirth as this may delay the return of the womb to its normal shape and increase bleeding.

Breast-feeding

Small amounts of the active substance naproxen and its metabolites pass into the breast-milk. As a precaution you should not take Proxen 250 mg film-coated tablets if you are breast-feeding.

Driving and Operating Machinery

Central nervous side-effects such as fatigue and dizziness may occur during treatment with high doses of Proxen 250 mg film-coated tablets, and therefore your reactions may be altered in isolated cases and the ability to drive and/or operate machinery may be affected. This applies particularly in conjunction with alcohol. You may not react adequately or quickly enough in the event of unexpected or sudden occurrences. In such cases do not drive a car or any other vehicle. Do not use tools or operate machinery. Do not work without a firm hold.

If you take Proxen 250 mg film-coated tablets as a pain killer only once or for a short time, no special precautions are necessary.

Important information about certain other ingredients of Proxen 250 mg film-coated tablets

This medicinal product contains lactose. Therefore if you cannot tolerate certain sugars, you should only take Proxen 250 mg film-coated tablets after consultation with your doctor.

3. HOW ARE PROXEN 250 MG FILM-COATED TABLETS TO BE TAKEN?

Unless otherwise prescribed by your doctor, the following dosage guidelines apply.

The following guidelines apply, unless your doctor has prescribed Proxen 250 mg

film-coated tablets otherwise. Please strictly adhere to the information for the user, otherwise Proxen 250 mg film-coated tablets will not work properly.

Dosage in adults

Depending on the nature and severity of the disease (see below), the recommended daily dosage for adults is 500-1250 mg naproxen, divided into 1-3 single doses. A single dose of 1000 mg naproxen should not be exceeded.

Dosage in children from the age of 12 years and adolescents

Depending on the nature and severity of the disease (see below), the recommended daily dosage for children from the age of 12 years and adolescents is 10-15 mg naproxen/kg body weight, divided into two single doses. A maximum daily dose of 15 mg naproxen/kg body weight must not be exceeded.

Unless otherwise prescribed, the following dosage is recommended:

Rheumatic diseases

The daily dose is generally 2-3 Proxen 250 mg film-coated tablets (equivalent to 500-750 mg naproxen).

At the beginning of treatment, in acute flares, or when switching from another high-dosed anti-inflammatory agent to Proxen 250 mg film-coated tablets, three Proxen 250 mg film-coated tablets (equivalent to 750 mg naproxen) daily are recommended, divided into two single doses (two tablets in the morning, one tablet in the evening or vice versa) or in a single dose (either mornings or evenings).

In isolated cases the daily dose can be raised to four Proxen 250 mg film-coated tablets (equivalent to 1000 mg naproxen).

The maintenance dose is two Proxen 250 mg film-coated tablets (equivalent to a daily dose of 500 mg naproxen) which can be taken in one (either mornings or evenings) or also in two doses of one Proxen 250 mg film-coated tablet (mornings and evenings).

Acute gout

Treatment starts with a single dose of three Proxen 250 mg film-coated tablets (equivalent to 750 mg naproxen), then one Proxen 250 mg film-coated tablet (equivalent to 250 mg naproxen) every eight hours until the symptoms have subsided.

Swelling and pain after injuries

Treatment starts with a single dose of two Proxen 250 mg film-coated tablets (equivalent to 500 mg naproxen) taken in one and then one Proxen 250 mg film-coated tablet (equivalent to 250 mg naproxen) every 6-8 hours.

Proxen 250 mg film-coated tablets are not suitable for children under the age of 12 years because the amount of the active substance is too high.

Mode of administration

Always take Proxen 250 mg film-coated tablets exactly according to your doctor's instructions. You should check with your doctor or pharmacist if you are not quite sure. Proxen 250 mg film-coated tablets should be swallowed whole preferably before a meal with plenty of liquid (with acute pain also on an empty stomach). Intake at mealtimes may delay absorption into the blood stream.

Your doctor will decide on how long you should take the medicine.

In rheumatic diseases you may have to take Proxen 250 mg film-coated tablets for a long time.

If you take more Proxen 250 mg film-coated tablets than you should

Take Proxen 250 mg film-coated tablets according to your doctor's instructions or as stated in the dosage instructions in the information leaflet. If you feel that you do not obtain sufficient pain relief, do not increase the dose yourself, ask your doctor. Possible symptoms of an overdose are central nervous disorders, such as headache, dizziness, muzziness, unconsciousness (in children also myoclonic cramps), stomach ache, nausea and vomiting. Bleeding in the stomach and bowels and disorders of liver and kidney function are also possible. Your blood pressure may fall, your breathing may be reduced (respiratory depression) and your skin and mucous membranes may turn blue/red (cyanosis).

There is no specific antidote. If you suspect an overdose of Proxen 250 mg film-coated tablets, please inform your doctor.

He can decide on the required measures to be taken depending on the severity of the poisoning.

If you forget to take Proxen 250 mg film-coated tablets

If you forget to take the medicine once, do not take more than the normal recommended amount at the next dose.

If you have any further questions regarding the use of this medicine, ask your doctor or pharmacist.

4. WHAT SIDE-EFFECTS MAY OCCUR?

Like all medicines, Proxen 250 mg film-coated tablets may also have side-effects. If you notice any of the following side-effects, please consult your doctor who will then tell you what to do.

The following terms are normally used to assess the incidence of side-effects:

Very common ≥ 10% of those treated	Common < 10%, but ≥ 1% of those treated
Uncommon < 1%, but ≥ 0.1% of those treated	Rare < 0.1%, but ≥ 0.01% of those treated
Very rare < 0.01% of those treated or incidence unknown	

Possible side effects

With the following adverse drug reactions it must be taken into account that they are mainly dose-dependent and vary interindividually.

The most common side-effects are those affecting the digestive tract. Stomach/duodenal ulcers (peptic ulcers), perforation or bleeding may occur, which in some cases may be fatal, particularly in elderly patients (see section 2: "Special care is necessary when taking Proxen 250 mg film-coated tablets"). Nausea, vomiting, diarrhoea, flatulence, constipation, digestive problems, abdominal pain, tarry stools, vomiting blood, ulcerative stomatitis, and worsening of colitis and Crohn's disease have been reported after use (see section 2: "Special care is necessary when taking Proxen 250 mg film-coated tablets"). Inflammation of the lining of the stomach has been observed less frequently.

In particular the risk of bleeding in the bowels and stomach depends on the dose and duration of treatment.

Dropsy, high blood pressure and weak heart have been reported in connection with NSAID treatment.

Drugs such as Proxen 250 mg film-coated tablets may be associated with a slightly higher risk of heart attack or stroke.

Heart diseases

Very rare:
• Weakness of the heart muscles (cardiac insufficiency).

Diseases of the blood vessels

• High blood pressure (hypertension).

Diseases of the blood and lymphatic system

Uncommon:

• Blood picture disorders.

Very rare:

• Disorders of blood formation: aplastic anaemia (form of anaemia), leukopenia (reduced number of white blood cells), thrombocytopenia (reduced numbers of blood platelets), pancytopenia (reduced numbers of blood cells of all systems), agranulocytosis (reduced number of granulocytes). Early symptoms may be: fever, sore throat, damage to the surface of the mouth, influenza-like symptoms, severe exhaustion, nose bleeds and bleeding of the skin.

In such cases you should stop taking the medicine immediately and consult your doctor. You should not take pain-killers or medicines to lower your temperature of your own accord.

On long-term treatment your blood picture should be checked regularly.

• Haemolytic anaemia (anaemia caused by the accelerated break-down of red blood cells).

Diseases of the nervous system

Common:

• Headache, dizziness, insomnia, agitation, irritability or fatigue.

Eye diseases

Common:

• Eye-sight problems.

Diseases of the ears and labyrinth

Common:

• Hearing problems, tinnitus.

Diseases of the airways, chest and mediastinum

Uncommon:

• Asthma attacks (in some cases with fall in blood pressure), bronchospasms (bronchial muscle cramps), pneumonia.

Diseases of the stomach and bowels

Very common:

• Stomach and bowel problems such as nausea, vomiting, heartburn, stomach ache, bloating, constipation or diarrhoea, and minor loss of blood in the stomach and bowels which may cause anaemia in isolated cases.

Common:

• Gastrointestinal ulcers (stomach and bowel ulcers, possibly with bleeding and perforation).

Uncommon:

• Haematemesis (vomiting blood), melaena (bloody stools) or bloody diarrhoea; lower abdominal complaints, e.g. haemorrhagic colitis (inflammation of the large intestine) or worsening of Crohn's disease/ulcerative colitis (chronic inflammation of the intestines), stomatitis (inflammation of the lining of the mouth), oesophageal lesions (damage to the gullet).

If severe pain occurs in the stomach or your stools are black or bloody, then you must stop taking Proxen 250 mg film-coated tablets and consult your doctor immediately.

Diseases of the kidneys and urinary tract

Common:

• Peripheral oedema, particularly in patients with high blood pressure.

Uncommon:

• Reduced passing of water.

• Acute kidney failure, nephrotic syndrome (group of symptoms in kidney diseases) or interstitial nephritis (inflammatory changes of the kidney tissues).

Very rare:

• Kidney damage (papillary necrosis), in particular on long-term treatment, hyperuricaemia (increased excretion of uric acid).

Kidney function should be checked regularly.

Reduced passing of water, collection of water in the body (oedema), and generally feeling unwell may be a sign of kidney disease up to kidney failure.

If these symptoms appear or get worse you should stop taking Proxen 250 mg film-coated tablets and consult your doctor immediately.

Diseases of the skin and subcutaneous tissues

Common:

• Allergic reactions with rash, itching and bleeding of the skin.

Uncommon:

• Increased sensitivity to light (including blister formation), alopecia (loss of hair, usually reversible).

Very rare:

• Severe skin reactions such as rash with redness and blisters (e.g. Stevens-Johnson syndrome, toxic epidermal necrolysis/Lyell syndrome).

Infections and parasitic diseases

There have been very rare reports of infectious diseases becoming worse (e.g. development of necrotic fasciitis, i.e. acute inflammation of the fasciae under the skin with destruction of the fatty tissue under the skin and muscles) when non-steroidal anti-inflammatory drugs were given systemically.

This may possibly be connected with the mechanism of action of non-steroidal anti-inflammatory agents.

If during administration of Proxen 250 mg film-coated tablets signs of infection (e.g. redness, swelling, heat, pain, fever) reappear or become worse, you should consult a doctor immediately.

Very rare:

• Symptoms of non-bacterial meningitis with severe headache, nausea, vomiting, fever, stiff neck or disorientation.

Patients with auto-immune diseases (SLE, mixed connective tissue disease) seem to be predisposed.

THIS IS A MEDICAMENT

- **Medicament is a product, which affects your health and its consumption contrary to instructions is dangerous for you.**

- **Follow strictly the doctor's prescription, the method of use and the instructions of the pharmacist who sold the medicament.**

- The doctor and the pharmacist are the experts in medicines, their benefits and risks.

- Do not by yourself interrupt the period of treatment prescribed.

- Do not repeat the same prescription without consulting your doctor.

Keep all medicaments out of reach of children.

Council of Arab Health Ministers,

Union of Arab Pharmacists

Diseases of the immune system

Very rare:

• Severe allergic reactions (e.g. angioneurotic syndrome). Signs of these may be: swollen face, tongue and throat (oedema), difficulty in breathing, tachycardia (fast heart beat), severe blood circulation problems up to life-threatening shock.

In the event of one of these symptoms, which may occur even when the preparation is used for the first time, immediate medical treatment is necessary. In such cases you should stop taking the medicine immediately and consult your doctor.

Liver and bile diseases

Uncommon:

• Liver function disorders.

Very rare:

• Liver damage, particularly on long-term treatment.

Follow the instructions given above if certain side-effects occur.

If you experience side-effects that are not listed in this package insert, please inform your doctor or pharmacist.

5. HOW ARE PROXEN 250 MG FILM-COATED TABLETS TO BE STORED?

Do not store above 30°C.

Keep medicines out of children's reach.

You must not take the medicine after the expiry date printed on the folding box and the blister strip.

6. FURTHER INFORMATION

What do Proxen 250 mg film-coated tablets contain?

The active substance is: naproxen

One film-coated tablet contains 250 mg naproxen.

The other ingredients are:

Maize starch; povidone K 30; magnesium stearate (Ph. Eur.); hypromellose; lactose monohydrate; macrogol 6000; propylene glycol; talc; yellow iron oxide (E 172); titanium dioxide (E 171); simeticone-alpha-hydro-omega-octadecyloxypoly(oxyethylene)-5-(E,E)-hex-2,4-dien-acid-water; macrogol stearate (Ph. Eur.).

Proxen 250 mg film-coated tablets are available in packs containing 20 film-coated tablets.

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