

PATIENT INFORMATION LEAFLET

IBURAMIN[®] COLD Liquid Capsules

For oral use.

Active substance(s): Each capsule contains 200 mg ibuprofen, 30 mg pseudoephedrine hydrochloride and 2 mg chlorpheniramine maleate.

Excipient(s): 24 mg potassium hydroxide and polysorbate 80, corn oil, methacrylic acid-ethyl acrylate copolymer (1:1) dispersion (30%), gelatin, patent blue V (E131), sunset yellow (E110), tartrazine (E 102), titanium dioxide (E 171) and ponso 4R (E124).

Read this PATIENT INFORMATION LEAFLET carefully before you start taking this medicine, because it contains important information for you.

- *Keep this leaflet. You may need to read it again.*
- *If you have any further questions, please ask your doctor or pharmacist.*
- *This medicine has been prescribed for you only. Do not pass it on to others.*
- *If you go to a doctor or hospital during the use of this medicine, inform your doctor about this.*
- *Follow the instructions in this leaflet exactly. Do not use **higher or lower doses** than the dose which was recommended for you.*

What is in this leaflet:

1. *What IBURAMIN[®] COLD is and what it is used for*
2. *Before you use IBURAMIN[®] COLD*
3. *How to use IBURAMIN[®] COLD*
4. *Possible side effects*
5. *How to store IBURAMIN[®] COLD*

1. What IBURAMIN[®] COLD is and what it is used for

IBURAMIN[®] COLD is marketed as 24 capsules in an HDPE bottle containing a desiccant capsule closed with a pilfer-proof HDPE closure. One capsule contains 200 mg ibuprofen, 30 mg pseudoephedrine hydrochloride and 2 mg chlorpheniramine maleate.

Chlorpheniramine is an antihistaminic agent decreasing natural histamine of the body. Histamine causes sneezing, itching, watering of eyes, and running nose. Ibuprofen belongs to non-steroid anti-inflammatory drugs group. Ibuprofen decreases hormones, which lead to pains and inflammation in the body. Pseudoephedrine is a decongesting substance, which constricts blood vessels in the nasal passages. Dilated blood vessels cause nasal blockage.

IBURAMIN COLD liquid capsule is used for the relief of symptoms associated with common cold, flu, sinusitis and other upper respiratory tract infections such as fever, runny nose and nasal congestion.

2 –Before you use IBURAMIN[®] COLD

Do not use IBURAMIN[®] COLD in the following conditions:

Cardiovascular (CV) Risk

- NSAIDs may cause increased risk of cardiovascular thrombotic events, myocardial infarction and stroke, which can be fatal. This risk may increase with duration of use. Patients with cardiovascular disease or risk factors for cardiovascular disease may be at greater risk

- IBURAMIN COLD is contraindicated for treatment of peri-operative pain management in the setting of coronary artery by-pass surgery.

Gastrointestinal Risk

NSAIDs cause an increased risk of serious gastrointestinal adverse events including bleeding, ulceration and perforation of the stomach or intestines, which can be fatal. These adverse events can occur at any time with or without prior warning symptoms. Elderly patients are at a greater risk for serious gastrointestinal events.

- if you have hypersensitivity to ibuprofen, pseudoephedrine, chlorpheniramine, any of the ingredients in the product, or other adrenergic drugs,
- if you are in the last trimester of pregnancy,
- if you have severe liver disease,
- if you have severe kidney failure,
- for children younger than 12 years old,
- if you have coronary artery (blood vessel for the heart) disease,
- if you are using drugs called as monoamine oxidase inhibitors or if not more than 2 weeks have passed over the treatment you had with those drugs,
- if you have previously showed allergic reactions such as asthma, nasal inflammation (rhinitis), or hives (urticaria) against ibuprofen, aspirin, and other NSAIDs,
- if you have had a previous gastrointestinal bleeding or perforation because of the mentioned drugs,
- if you have had diseases such as recurrent gastrointestinal ulcers, inflammatory bowel diseases (ulcerative colitis, Crohn's disease), gastrointestinal bleeding or you have had them before repetitively,
- if you have severe cardiac failure,
- if gastrointestinal bleeding or wounds (ulcerations) occur during ibuprofen use,
- if you have a condition which increases your tendency to bleeding
- if you are taking another sympathomimetic drug (decongestant, appetite suppressor drugs or amphetamine like drugs) or beta blocker drug,
- during the period before or after coronary artery bypass surgery(a surgery to improve obstruction in coronary veins)

TAKE SPECIAL CARE WITH IBURAMIN[®] COLD in the following conditions

- if you have high blood pressure and heart disease,
- if you have diabetes mellitus,
- if you have overworking thyroid gland,
- if you have high eye tension (glaucoma),
- if the patient has pheochromocytoma (it is a tumor in the adrenal glands, and it may cause increased adrenaline),

- if you have a rhythm disorder in your heart,
- if you have enlarged prostate and disordered urinary bladder,
- if you are previously diagnosed or suspected to have elongated QT syndrome (severe rhythm disorder in the heart and it may cause sudden death) and Torsades de Pointes (irregular heart rhythm endangering life),
- if you are using these drugs: some of the antidepressants, atropine used for the treatment of eye and intestinal disorders, antihypertensive drugs containing alpha and beta blockers, drugs used for blood aggregation and asthma treatment, appetite suppressing agents, moclobemide used for mood disorders, ergotamine or methysergide used for migraine treatment, oxytocin used during delivery to help uterine contractions,
- Orally taken corticosteroids, anticoagulants (warfarin),
- Posterior reversible encephalopathy syndrome (PRES)/ reversible cerebral vasoconstriction syndrome (RCVS) have been rarely reported with sympathomimetic drugs including pseudoephedrine. Reported symptoms were sudden onset severe headache, nausea, vomiting, and visual disturbances. Majority of cases were recovered in a few days by the appropriate treatment. Pseudoephedrine should immediately be stopped when PRES/RCVS sign and symptoms are developed.
- if you are older than 60 years old,
- do not use it more than 5 days.
- It may cause bronchial spasm if you are an asthma patient or you had a previous asthma attack.
- if you previously had gastrointestinal ulcers or other gastrointestinal diseases , they may flare up.
- if you have kidney disease, the kidney functions should be followed up. The risk of kidney function worsening is increased in people, who take ibuprofen and similar NSAIDs for a long time; who have heart failure and liver disorders; who take drugs increasing urine output (diuretics) and antihypertensive drugs belonging to ACE inhibitor class; and who are elderly
- if you have liver disease,
- if you have heart disease or hypertension (high blood pressure); fluid retention and as a result of it swellings (edema) may be observed in various parts of the body.
- When ibuprofen and similar drugs are used for especially at high doses and for long-time periods, they were detected to be related to a small increase in risk of heart attack (myocardial infarction) or stroke. Treatment should be consulted with the doctor or the pharmacist in people who have heart or vascular diseases; have previous stroke or have risks for such conditions (high blood pressure, high cholesterol or diabetes disease or smokers).
- if ibuprofen and similar NSAIDs are used for a long time period (continuous use), although you have not had such a disease before, ulcers, bleeding and perforations may occur in the gastrointestinal tract. The risk of such undesired effects is increased in subjects who have had such a disease before, in elderly people, at high drug doses, and during long-term treatments.
- if you realize purple coloring or bruises without unknown origin in your body, consult your doctor.
- Immediately consult your doctor if there are tremor and sudden increase in fever, malaise, headache and vomiting or neck stiffness; these may be symptoms of a type of brain membrane inflammation (aseptic meningitis).
- if hallucinations, irritability, and sleep disturbances occur, then stop taking the drug.
- if you have epilepsy (seizures) disease,
- if you have redness and rash on your skin, then you should immediately consult your doctor.

If you have been told by your doctor that you have intolerance to some sugars, consult your doctor before taking this medicine.

Similar to the other NSAIDs, IBURAMIN COLD can also mask signs of infection.

The administration of the lowest dose which will relieve the signs of your disease for the shortest treatment duration will minimize the undesired effects of the drug.

Please consult your doctor, even if these statements were applicable to you at any time in the past.

Using IBURAMIN[®] COLD with food and drink:

Do not take IBURAMIN[®] COLD with alcohol. If you drink more than three glasses of alcohol in a day, ibuprofen may increase gastric bleeding risk. Do not take it with orange juice and cola. Take IBURAMIN[®] COLD either at least one hour before or two hours after these foods.

Pregnancy:

Ask your doctor or pharmacist for advice before taking the medicine.

Use of IBURAMIN[®] COLD may be harmful for the baby during the pregnancy, especially in the last three months of pregnancy. Do not take this drug unless it is recommended by your doctor.

If you notice that you are pregnant during treatment, please consult your doctor or pharmacist immediately.

Breastfeeding

Ask your doctor or pharmacist for advice before taking the medicine.

IBURAMIN[®] COLD can excrete into breast-milk, and this may be harmful for the baby. If you are breast feeding your baby, do not take this drug without consulting your doctor.

Effects on ability to drive and use machines

IBURAMIN[®] COLD may have side effects which may give harm to your thoughts or reactions. If you are driving, or you are doing anything that you should be awake you should be careful.

Important information about some of the ingredients of IBURAMIN COLD

This medicinal product contains approximately 17 mg potassium in each capsule. This condition should be considered for patients who have decreased kidney functions or have controlled potassium diets.

IBURAMIN COLD liquid capsule contains sunset yellow (E110), Ponso 4R (E124) and tartrazine (E102). Therefore, it may cause allergic reactions. These allergic reactions are more common among people who are allergic to aspirin.

Using with other medicines

Because interactions were reported in some patients, when you are having IBURAMIN COLD treatment you should be careful if you are receiving any of the drugs listed below:

- Aminoglycoside class antibiotics (i.e. gentamicin, kanamycin, streptomycin);
- Drugs for high blood pressure,
- ACE inhibitors, beta-blockers and diuretics,
- Cholestyramine,

- Sulphonylurea,
- Mifepristone,
- CYP2C9 inhibitors (drug group which stops proteins responsible for neutralization of drugs in the liver);
- Drugs preventing blood coagulation (i.e. warfarin);
- Drugs inhibiting thrombocytes, which provide coagulation (antithrombocyte agents, i.e. aspirin dipyridamole, clopidogrel) and selective serotonin re-uptake inhibitors used for depression (i.e., fluoxetine, fluvoxamine, paroxetine, sertraline);
- Aspirin;
- Ginkgo biloba herbal extract;
- Drugs increasing urine output (i.e. furosemide);
- Cardiac glycosides used for heart failure (i.e. digoxin, digitoxin);
- Captopril.
- Quinolone class antibiotics (i.e. ciprofloxacin); seizures (convulsion)
- Other analgesics (other NSAIDs including COX-2 inhibitors i.e. aspirin, naproxen, celecoxib, nimesulide);
- Cortisone group drugs,
- Lithium salts (used in psychiatric disease treatments) and methotrexat (a drug used in rheumatic joint diseases, and in some cancer types);
- Mifepristone (miscarriage drug);
- Cyclosporine;
- Tacrolimus;
- Ticlopidine
- Zidovudine;
- Classical antihistaminics (with sedative [calming, quietening] effect)
- Phenytoin containing epilepsy drugs, in anxiety (dismay, fear) treatment or sleep regulating drugs;
- Nasal decongestants, tricyclic antidepressants (used in treatment of psychiatric diseases), appetite suppressing agents, and some nervous system stimulating drugs or MAOIs (used in treatment of psychiatric diseases), drugs lowering blood pressure such as bretylium, bethanidine, guanithidine, debrisoquine, methyldopa and alpha- and beta-adrenergic blocker drugs
- Moclobemide
- Cardiac glycosides (used in heart failure)
- Ergot alkaloids (ergotamine and metisergide; used in migraine treatment)
- Oxytocine which is used to help delivery
- Tricyclic antidepressants (used in depression treatment)

Please tell your doctor or pharmacist if you are taking or have recently taken any other prescription or nonprescription medicine.

3 - How to use IBURAMIN[®] COLD?

Instructions for appropriate method and dose/frequency of administration:

This drug must be used exactly as described in the patient information leaflet or as recommended by your doctor.

The maximum time to use is 5 days for adults, elderly, and subjects over 12 years of age.

One or 2 capsules in every 4 or 6 hours; maximum of 6 capsules are taken within 24 hours.

Do not take the drug more than in amount or longer than recommended time. This drug is generally taken for a short period of time to relieve your disease symptoms. Excessive doses of ibuprofen may damage your stomach and intestines. The maximum dose of ibuprofen for adults is 800 mg; daily maximum dose is 3200 mg. You use the lowest dose of IBURAMIN[®] COLD Liquid Capsule, which can treat your pain, fever, or common cold. If your fever has lasted longer than 3 days or your complaints are not relieved although you have taken the drug for 5 days or new disease signs are encountered, inform your doctor immediately. If you are going to have any surgical operation, and you have used this drug a few days before it, inform your doctor about the condition before the operation. Unexpected allergic test results may be observed while taking this drug. Keep this drug at room temperature away from humidity and heat.

Route and method of administration:

IBURAMIN[®] COLD liquid capsule is only for oral use.

Different age groups:

Use in children:

It should not be used in children under 12 years of age.

Use in elderly:

IBURAMIN[®] COLD may increase the risk of gastric bleeding in patients older than 60 years of age.

Special populations

Kidney/liver failure:

Do not use IBURAMIN[®] COLD in cases of severe kidney and liver failures.

If you have the impression that the effect of IBURAMIN[®] COLD is too strong or too weak, talk to your doctor or pharmacist.

If you have used more IBURAMIN[®] COLD than you should:

If you may have taken more IBURAMIN[®] COLD than you should, talk to a doctor or pharmacist.

Overdose: Acute overdose may cause central nervous system stimulation, and clinical signs of variable cardiovascular effects. Pressor amines should be carefully used in the presence of pseudoephedrine HCl. Patients with stimulation signs should be conservatively treated.

If you forget to use IBURAMIN[®] COLD:

Do not use a double dose to make up for a forgotten dose.

Continue to take the recommended dose again according to the subsequent normal intake time.

If you stop using IBURAMIN[®] COLD:

None.

4 – Possible side effects

Like all medicines, side effects can occur in people sensitive to the contents of IBURAMIN[®] COLD.

If any of the following occur stop using IBURAMIN[®] COLD and IMMEDIATELY inform your doctor or go to the nearest emergency department:

- Shortness of breath; swelling of your face, lips, tongue, eye lids or throat; severe itching and rash on the skin; palpitations and dizziness resulting from low blood pressure (Hypersensitivity – Allergy)
- Wheezing or difficult breathing (asthma attack),
- Increased blood pressure (hypertension),
- Irregular heart rate, palpitations, chest pain,
- Severe stomach pain (stomach ulcers or pancreatitis)
- Yellowing of the eyes and/or skin (liver dysfunction),
- Bloody or coffee grain vomitus and stool (gastrointestinal bleeding),
- Skin bruising, bleeding of the nose and gums, increased incidence of infectious diseases, pale skin and fatigue (bone marrow suppression),
- A disease on the skin, eyes and around genitals associated with peeling, swelling and blistering of the skin and fever (erythema multiforme),
- A serious disease associated with skin blisters filled with liquid and peeling and loss of the skin (toxic epidermal necrolysis),
- Sudden loss of muscle strength, loss of sensation, visual disorders (stroke),
- Severe headache, stiffness of the neck, nausea, vomiting and decreased level of consciousness (aseptic meningitis)
- Seeing or hearing things that are not real (hallucinations)

These are very serious side effects.

If you have any of them, this means you have serious allergy for IBURAMIN COLD. You may need emergency medical care or hospitalization.

Possible side effects are classified by the following categories:

Very common: may be seen at least 1 in 10 patients

Common: may be seen less than one in 10 patients but more than one in 100 patients

Uncommon: may be seen less than one in 100 patients but more than one in 1000 patients

Rare: may be seen less than one in 1000 patients but more than one in 10.000 patients

Very rare: may be seen less than one in 10000 patients

Unknown: cannot be estimated from the available data

If you notice any of the following immediately inform your doctor or go to the nearest emergency department:

Common:

- Nervousness, sleeplessness
- Light-headedness, headache, and dizziness
- Blurred vision
- Dyspepsia,
- Diarrhea
- Nausea, vomiting, abdominal pain
- Excessive floating in stomach and intestines (flatulence),
- Constipation
- Gastrointestinal bleeding
- Tar colored, foul smelling defecation (melaena)
- Bloody or coffee grain vomitus (hematemesis)

- Rash

Uncommon:

- Visual defects
- Wound in duodenum (duodenal ulcer)
- Wound in the stomach (gastric ulcer)
- Inflammation of the inner membrane of the stomach (gastritis)
- Mouth inflammation prominent by small wounds (oral ulceration)
- Jaundice
- Liver inflammation (hepatitis)
- Liver function disorder
- Hurry, irritability,
- Numbness (paresthesia)
- Hearing disorder (decreased or increased hearing)
- Rhinitis (common cold, influenza)
- Fatigue
- Asthma, deterioration of asthma, bronchospasm or difficulty in breathing (dyspnea) like respiratory tract reactions,
- Hives (urticaria)
- Itching (pruritus)
- Small hemorrhages on the skin and mucosa (purpura)
- Hypersensitivity (angioedema) causing swelling in the face and throat (edema)
- Sensitivity to light (photosensitivity)
- Painful urination
- Difficult urination in male patients (urinary retention)
- Kidney failure (such as swelling of ankles)

Rare:

- Decreased number of white blood cells (leukocyte) (leukopenia)
- Decreased number of cells mediating thrombocyte-blood coagulation (thrombocytopenia)
- Sudden onset, decreased number of white blood cells (agranulocytosis)
- Severe depletion of blood cells (aplastic anemia)
- Hemolytic anemia (a type of anemia)
- Excessive decrease of neutrophil number in the blood (neutropenia)
- Ringing in the ears (tinnitus)
- Seeing, feeling or hearing fictitious things (hallucination)
- Dizziness due to a pathology in the inner ear (vertigo)
- Brain membrane inflammation (neck stiffness, headache, nausea, vomiting, fever, sensitivity to the light or loss of orientation (perception of place, time, environment)) (aseptic meningitis)
- Widespread, severe allergic reaction (anaphylaxis)
- Delirium
- Increased heart rate (tachycardia),
- High blood pressure (hypertension),
- Disorder in the heart rhythm
- Inflammation in the eye nerve (Optic neuritis)
- Being sleepy (somnolence)
- Inflammation in the eye due to a toxic substance (toxic optic neuropathy)

- Dry mouth
- Perforation in the stomach or intestines (gastrointestinal perforation)
- Damage in the liver
- Edema
- Skin rash as a result of allergy (allergic dermatitis)

Very rare:

- Pancreas inflammation (pancreatitis)
- Liver failure
- Bullous skin inflammation including Stevens-Johnson syndrome,
- A disease with red skin rashes of different sizes or with collection of water in mouth and other areas of the body (erythema multiforme)
- A severe disease which is encountered by water filled swellings on the skin, skin peeling, and tissue loss (toxic epidermal necrolysis)
- Obstruction of heart arteries by a blood clot

Unknown:

- Allergic reaction and angioedema
- Increased excitability and anxiety (concern, worry)
- Loss of appetite
- Inflammation of colon (colitis) and Crohn's disease episode
- Hemolytic anemia (a type of anemia)
- Blood disorders (dyscrasias)
- Thickening of sputum

Drugs like IBURAMIN COLD may cause a small increase in the risk of heart attack (myocardial infarction) or stroke.

Rarely IBURAMIN COLD may cause blood disorders and kidney problems.

All of these are serious side effects. They may require emergency medical treatment.

All of these serious side effects occur very rarely.

If you notice any side effects not mentioned in this leaflet inform your doctor or pharmacist.

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 clicking "Reporting of Drug Side Effects" icon on the website www.titck.gov.tr or Turkish Pharmacovigilance Center (TUFAM) by calling the phone number 0 800 314 00 08 for side effects reporting line. By reporting side effects, you can help provide more information on the safety of this medicine

5 – How to store IBURAMIN[®] COLD

Keep in the original package and out of the reach and sight of children.

Store in room temperature under 25 °C.

Use in accordance with expiry date

Do not use IBURAMIN[®] COLD after the expiry date which is stated on the label or the package.

Do not use IBURAMIN[®] COLD if you notice any damage to the product and/or package.

Marketing Authorization Holder:

Berko İlaç ve Kimya San. A.Ş.

Yenişehir Mah. Özgür Sok. No: 16-18 Ataşehir/İstanbul-Turkey

+90 216 456 65 70 (Pbx)

+90 216 456 65 79 (Fax)

info@berko.com.tr

Manufacturer:

Berko İlaç ve Kimya San. A.Ş.

Adil Mah. Yörükler Sok. No: 2 Sultanbeyli/ İstanbul-Turkey

+90 216 592 33 00 (Pbx)

+90 216 592 00 62 (Fax)

This patient information leaflet was approved on 08.06.2015