

# IBUKUKA CAPSULES

Paracetamol, Ibuprofen and Caffeine

**Composition:** Each Capsule contains:

Paracetamol BP ..... 325 mg  
Ibuprofen BP ..... 200 mg  
Caffeine Anhydrous BP..... 30 mg  
Excipients ..... Qs

## 1. What Ibukuka Capsule is and what it is used for

Ibukuka Capsules contain Paracetamol, Ibuprofen and Caffeine. Paracetamol works to stop the pain messages from getting through to the brain. Ibuprofen belongs to a group of medicines called non-steroidal anti-inflammatory drugs (or NSAIDs). It relieves pain and reduces inflammation (swelling, redness or soreness). Caffeine works as a mild stimulant that causes wakefulness and increased mental activity. Caffeine acts to further help the effectiveness of Paracetamol. Ibukuka Capsules are used for short-term symptomatic treatment of mild to moderate pain.

## 2. What you need to know before you take Ibukuka Capsules

Do not take Ibukuka Capsule:

- If you are allergic to the active substance(s) or any other NSAIDs or any of the other ingredients of this medicine (listed in section 6).
- If you have an active or recurrent peptic ulcer or duodenal ulcer, or bleeding in the gut after taking NSAIDs.
- If you have heart problems including heart failure, angina, or if you have had a heart attack, bypass surgery, peripheral artery disease.
- If you have high blood pressure, diabetes, high cholesterol, or if you are a smoker.
- If you suffer severe skin reactions such as exfoliative dermatitis, toxic epidermal necrolysis and Stevens-Johnson syndrome, Asthma.
- Bowel or intestinal problems such as ulcerative colitis or Crohn's disease \*If you have kidney and or liver problems
- If you are in last three months of pregnancy \*If you are under the age of 12 years.

**Warnings and precautions:** Talk to your doctor or pharmacist before taking Ibukuka Capsules or any Anti-inflammatory pain-killer medicines like Ibuprofen may be associated with a small increased risk of heart attack or stroke, particularly when used at high doses. Do not exceed the recommended dose or duration of treatment.

**Other medicines and Ibukuka Capsule:** Tell your doctor or pharmacist if you are taking Ibukuka Capsules with other medicines, because, Ibukuka Capsule may affect or be affected by some other medicines. For example:

- Anticoagulants such as aspirin (acetylsalicylic acid), warfarin \*ACE-inhibitors such as captopril \*Beta- blockers such as atenolol
- Angiotensin-II receptor antagonists such as losartan \*Antiepileptics \*Chloramphenicol \*Zidovudine (HIV drugs)
- Antituberculosis drugs such as isoniazid \*Salicylates or other NSAID medicines \*Diuretics \*Lithium an antidepressant, Methotrexate
- Corticosteroids such as prednisone, cortisone \*Metoclopramide \*Narcotic analgesics \*Cholestyramine \*Immunosuppressive drugs
- Quinolone antibiotics \*Co-trimoxazole \*Cardiac glycosides.

**Pregnancy and breast-feeding:** If you are pregnant or breast-feeding, ask your doctor or pharmacist for advice before taking this medicine. Do not take this medicine during the last 3 months of your pregnancy.

## 3. How to take Ibukuka Capsule

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Swallow the capsule whole with water or plenty of liquid with or after meals. You should avoid drinking too much coffee, tea or fizzy drinks when taking this medicine as it contains Caffeine. **The recommended doses are:**

**Adults and Children over 12 years:** 2 capsule 3 to 4 times daily or every 4 to 6 hours to a maximum of 8 capsules in any 24 hours. If symptoms persist for more than 3 days consult your doctor.

**Children and adolescents:** This product is contraindicated in children less than 12 years of age.

## 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The most frequent type of adverse reaction occurring with this medicine due to presence of Ibuprofen is generally associated with gastro intestinal problems like Nausea, epigastric pain, heartburn, diarrhea, abdominal distress, nausea, vomiting, indigestion, constipation, abdominal cramps or Pain, bloating and flatulence Dizziness, headache, nervousness, rash, pruritus edema, fluid retention are common adverse effects. Due to presence of Paracetamol, in rare cases hypersensitivity reactions, predominantly skin allergy (itching and rash), may appear. Long-term treatment with high doses may cause a toxic hepatitis with following initial symptoms: nausea, vomiting, sweating, gastrointestinal discomfort may be seen. Caffeine occasionally causes marked cerebral congestion, insomnia and embarrassment of respiration. If any side effects become serious and the side effects that are not listed in this leaflet, please tell your doctor or pharmacist.

## 5. How to store Ibukuka Capsule

Keep this medicine out of reach and sight of children. Store below 30°C, protected from sunlight. Throw away capsules that is no longer needed or expired (out of date). Medicines should not be disposed of via wastewater or household waste.

## 6. Content of the pack and other information

The active substance is Paracetamol, Ibuprofen and Caffeine. Each capsule contains 325 mg Paracetamol, 200 mg Ibuprofen and 30 mg Caffeine. The other ingredients are: maize starch, gelatin, methyl paraben, propyl paraben, purified talc and magnesium stearate.

**Presentation/Pack sizes:** Blister pack of 2x10 (20) Capsules.

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**MANUFACTURED BY: KCH Consumer Healthcare Ltd**



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