PATIENT INFORMATION LEAFLET

IBUCOLD-C 200 mg/30 mg/300 mg Film Coated Tablets

For oral use.

- ***Active substance:*** Each film coated tablet contains 200 mg ibuprofen, 30 mg pseudoephedrine hydrochloride and 300 mg ascorbic acid (Vitamin C).
- ***Excipients:*** Calcium hydrogen phosphate (anhydrous), croscarmellose sodium, microcrystalline cellulose (PH101), colloidal silicon dioxide, povidone K30, talc, hydrogenated castor oil, microcrystalline cellulose (PH 112), Opadry AMB II 88A 230032 Orange [Polyvinyl alcohol, titanium dioxide (E171), talc, sunset yellow FCF Aluminum Lake (E110), glyceryl monocaprilocaprate, sodium lauryl sulfate]

Read all of this PATIENT INFORMATION LEAFLET carefully before you start using this medicine because it contains important information for you.

This non-prescription drug aims to provide treatment for your diseases through the recommendation of your pharmacist without the aid of a physician. However, you need to take cautiously in order to have the best results from IBUCOLD-C 200 mg/30 mg/300 mg Film Coated Tablets.

- *Keep this leaflet. You may need to read it again.*
- *If you have any further questions, ask your doctor or pharmacist.*
- *Please state that you are taking this drug if you visit a doctor or hospital during the administration of this drug.*
- *Please follow the instructions here precisely. Do not apply* ***higher or lower*** *dose other than the recommended.*

What is in this leaflet:

1. What IBUCOLD- C is and what is it used for?

IBUCOLD-C is a drug provided in blister packages with 10, 20, 24 and 30 tablets. IBUCOLD-C contains ibuprofen, pseudoephedrine and ascorbic acid as active substances.

Ibuprofen, the active substance of IBUCOLD-C, is a non-steroid anti-inflammatory drug with analgesic and antipyretic properties. Pseudoephedrine is an effective decongestant to ease nasal and sinus congestion.

IBUCOLD-C is taken for the treatment of the following conditions due to its analgesic, antipyretic and anti-inflammatory properties:

- Nasal obstruction associated with cold and flu, fever and headache and mild body pain.

2. What you need to know before you take IBUCOLD-C?

DO NOT TAKE IBUCOLD-C in the following situations:

Risk related with cardiovascular system
-NSAIDs may increase the risk for thrombotic events (related with coagulation) which can be fatal, heart attack and stroke. This risk may increase depending on the duration of use. The risk may be higher in those having cardiovascular disease or risk factors for cardiovascular disease.
-IBUCOLD-C should not be taken in the pain treatment before coronary artery bypass surgery.

Risks related with digestive system
-NSAIDs cause undesirable effects which may be fatal such as hemorrhage, wound, and gastric or intestinal perforation. These undesirable effects can occur at any time, with or without a warning sign. Elderly patients are at higher risk for these serious effects.

If you;
• have hypersensitivity against any substance contained in IBUCOLD-C,
• have severe liver disease,
• have severe kidney failure ,
• have had an allergic reaction or asthma, skin rash when previously taking acetylsalicylic acid or other NSAIDs
• have untreated stomach or duodenal ulcer,
• have inflammatory intestinal disease (ulcerative colitis, Crohn's disease)
• are in the late period of your pregnancy (6 months or more pregnant)
• are going to undergo coronary artery bypass surgery or have just passed
• have hypertension and coronary artery impairment (stenosis in coronary artery),
• have cerebrovascular bleeding or any other active bleeding,
• are taking medicines for depression or Monoamine Oxidase Inhibitors or have taken them in the last 14 days
• have severe heart failure,
• are taking drugs for depression treatment, drugs for treatment of eye or intestinal disorders such as atropine, tension drugs containing alpha or beta blocker, drugs related with blood coagulation, asthma drugs, appetite suppressant drugs, or drugs containing moclobemide taken in the treatment of affective disorders, ergotamine or methysergide taken in migraine treatment, or oxytocin used during childbirth leads to uterine contractions.
• have renal calculi together with aciduria or normal urine pH and oxaluria,
• have high level of oxalic acid in your urine (hyperoxaluria),
• are a children younger than 12-year-old.

Take IBUCOLD-C <u>cautiously</u> in the following situations:
Your doctor will decide if you or your children will take IBUCOLD-C or not in the following conditions.

• Avoid taking together with any analgesic, anti-pyretic or anti-inflammatory drugs.
• In case of stomachache, discontinue taking the drug and tell your doctor.

- If you had previously any serious gastro-intestinal disorder or current indications, bleeding, ulcer or destruction may develop which can be severe at any phase of the treatment. Depending on possible bleeding, the color of feces may become darker, bleeding may occur in mouth and indigestion findings may be observed. Therefore, if you have severe gastro-intestinal disorders such as ulcer, bleeding or destruction, your doctor will recommend starting the treatment with the lowest dose as well as taking some protective drugs (such as misoprostol or proton pump inhibitors).
- In case of skin exfoliation, mucosal destruction or hypersensitivity on skin, discontinue IBUCOLD-C and tell your doctor as soon as possible.
- Take the drug carefully in hypersensitivity cases such as swelling on face and throat, difficulty in breathing, constriction of bronchi (asthma) and cold as a result of allergy.
- Tell your doctor if bruising appear on your body for no reason.
- Tell your doctor immediately in case of cold, shivering and instant rise of fever, fatigue, headache and vomiting or stiffness on neck as these can be the symptoms of a kind of meningitis (aseptic meningitis).
- As in other analgesic, antipyretic and anti-inflammatory drugs, IBUCOLD-C should be taken carefully in patients with renal disease.
- As in other analgesic, antipyretic and anti-inflammatory drugs, IBUCOLD-C may increase some of your values in liver function test. Be careful for indications and symptoms showing liver dysfunctions (nausea, fatigue, drowsiness, itching, hepatitis, right upper abdominal pain, cold and similar symptoms).
- Since ibuprofen decreases thrombocytes responsible for coagulation in your blood to aggregate and extends bleeding duration, maintain your IBUCOLD-C treatment under doctor control if you have coagulation problems.
- If visual impairment develops when taking IBUCOLD-C, make ophthalmologic examination.
- Due to the fluid retention risk caused by analgesic, antipyretic and anti-inflammatory drugs, be careful when taking IBUCOLD-C if you have hypertension problem or coronary failure.
- Do not exceed daily recommended dose if you have cardiac problems or high risk of cardiac problems (i.e. hypertension, diabetes, etc.), high cholesterol or if you smoke.
- As in other analgesic, antipyretic and anti-inflammatory drugs, IBUCOLD-C may cause serious side effects such as heart attack or stroke which may require hospitalization or lead to death. While serious events related with cardiovascular system may arise without any warning indication, tell your doctor if indications and symptoms such as chest pain, shortness of breath, fatigue, aphasia, etc. are observed.
- Tell your doctor in case of any indications for unexplained weight gain or edema (swelling on ankle).
- Do not take for more than 5 days.
- Take the drug carefully if you are older than 60 years old.
- If you have prostate enlargement and bladder dysfunction, take the drug carefully.
- If your thyroid gland functions fast, your eye pressure is going up and you have diabetes, take the drug carefully.
- Use cautiously in patients with pheochromocytoma (it is a tumor seen in adrenal glands and it may cause increase in adrenalin).
- Tell your doctor before taking the drug if you have Systemic Lupus Erythematosus (SLE), which is a connective tissue disease.
- Take the drug carefully since there is a higher risk for bleeding and perforation in gastrointestinal system which can be fatal especially in older patients.
- If you are an othlete, the doping test may yield positive result.

- Sudden onset severe stomachache, nausea, vomiting and visual impairment may develop rarely with drugs stimulating sympathetic system including pseudoephedrine. IBUCOLD-C treatment should be discontinued immediately if such complaints occur.
- If you were suspected to have long QT syndrome (a condition which may lead to severe cardiac arrhythmia and sudden deaths) or diagnosed to have Torsades de Pointes (life-threatening arrhythmias) previously, or are suspected to have these diseases, you need to take this drug carefully.
- If you are diabetic, use of Vitamin C may cause yielding wrong results in tests for glucose assay in urine.
- As ascorbic acid increases iron absorption, high doses may be dangerous for patients with hemochromatosis, thalassemia, polycemia, leukemia or sideroblastic anemia. In case of iron overload disease, intake of ascorbic acid should be kept at minimum.
- Patients with glucose-6-phosphate dehydrogenase (G6DP) enzyme deficiency should be careful as hemolysis may develop when ascorbic acid is given.
- It has been found that higher doses of ascorbic acid are associated with sickle cell crisis in patients with sickle-cell anemia.
- High doses of ascorbic acid may cause gouty arthritis in patients due to its action on elimination of uric acid.

If these warnings apply to you even in any period in the past, please consult your doctor.

Taking IBUCOLD-C with food and drinks
No interaction was reported with food and drinks.

Pregnancy
Consult your doctor or pharmacist before taking this medicine.
IBUCOLD-C should not be used during pregnancy.
If you notice your pregnancy during the treatment, consult your doctor or pharmacist immediately.

Breast-Feeding
Consult your doctor or pharmacist before taking this medicine.
It is known that pseudoephedrine transfers into the breast milk. It is not recommended taking IBUCOLD-C during breast-feeding period.

Driving and using machines
Do not drive and use machine since dizziness may develop when taking IBUCOLD-C.

Important information about some excipients contained in IBUCOLD-C
- IBUCOLD-C contains 30 mg croscarmellose sodium in each tablet. This should be considered for patients in the controlled sodium diet.

Taking with other drugs
- Taking it in combination with hypertension medicines, it may reduce tension-lowering effects.
- It may increase the coagulation inhibitory effects of anticoagulants (drugs preventing or delaying blood coagulation) such as warfarin or heparin.
- Since side effect risk may increase, avoid taking with other NSAIDs including COX-2 inhibitors such as aspirin, naproxen, celecoxib, and nimesulide.
- The risk of ulcer and bleeding in gastrointestinal track may increase when used with drugs from cortisone group.

- It may decrease the excretion by urine and increase undesired effects of antibiotics from aminoglycosides (gentamicins, kanamycine, streptomycin).
- The effect of IBUCOLD-C may be delayed when taken with cholestyramine, (a resin binding bile acid).
- When taken together with diuretics (i.e. furosemide, thiazide), diuretic effect may decrease and renal dysfunction risk may increase.
- When taken together with immunosuppressive Cyclosporine and Tacrolimus, renal dysfunction risk may increase.
- When taken together with mifepristone (abortion drug), it decreases the activity of mifepristone.
- When taken together with Zidovudine which is effective against retroviruses including human immunodeficiency virus (HIV), it may increase the risk of blood diseases.
- When taken together with lithium salts (used in mental illnesses), increases in lithium blood levels and associated side effects may be observed.
- When taken together with antibiotics from quinolon group (i.e. ciprofloxacin), severe rhythmic spasm (convulsion) risk may increase in all or some voluntary muscles.
- When taken together with cardiac glycosides used in coronary impairment (i.e. digoxin, digitoxin), it may increase blood levels by affecting renal elimination of such drugs and cause cardiac arrhythmia.
- When taken together with the drugs inhibiting the activities of cells intermediating blood coagulation (antithrombocyte agents, i.e. aspirin, dipyridamole, clopidogrel) and selective serotonin reuptake inhibitors used for depression (i.e. fluoxetine, fluvoxamine, paroxetine, sertraline), it may increase bleeding risk in gastrointestinal tract.
- When taken together with sulphonyl urea treatment (used in the treatment of diabetes), very rare hypoglycemia was observed.
- When taken together with especially the drugs inhibiting CYP2C9 which is an enzyme of ibuprofen metabolizing drugs in liver in high doses (i.e. voriconazole, fluconazole), consider reducing ibuprofen dose.
- Taking IBUCOLD-C together with nasal decongestive drugs, tricyclic antidepressants (i.e. amitriptyline, nortriptyline, imipramine and desipramine), appetite suppressant drugs and some neuroexcitatory drugs or MAOIs (monoamino oxidase inhibitors: i.e. moclobemide) may sometimes increase blood pressure. Since the drug contains pseudoephedrine, it may reverse the activity of drugs controlling blood pressure such as bretylium, betanidine, guanethidine, debrisoquine, methyldopa, alpha and beta adrenergic blocker drugs. When taken together with moclobemide, it creates the risk of hypertensive attack (severe increase of blood pressure).
- Taking together with ergot alkaloids (ergotamine and methysergide used in migraine treatment) increases the risk of side effects.
- It increases the hypertension risk when taken together with oxytocin used to make easier birth.
- It may decrease the activity of drugs ibuprofen and other analgesic, antipyretic and anti-inflammatory drugs and the drugs used in hypertension treatment, and it may increase the risk of renal damage by ADE inhibitors used in hypertension treatment.
- In the concurrent use, IBUCOLD-C may increase the blood levels and undesired side effects of methotrexate (the drug used in cancer treatment) and antidepressants (used in the treatment of depression).
- When taken together with the herbal extract of ginkgo biloba, it may increase the bleeding risk in gastrointestinal tract.
- Ascorbic acid may affect the control of diabetes in diabetic patients.

• It may cause increase in the blood plasma levels of oxalic acid, which is an organic acid type, in patients undergoing blood dialysis. Oxalic acid may have a leading role for the formation of renal calculus by causing accumulation in body, and renal in particular.
• Since it increases iron absorption, it may lead to high dose iron load (accumulation).
• Salicylates decrease active transport through intestinal wall. It was found that salicylates decrease about 1/3 of ascorbic acid absorption. In other words, they decrease the activity of ascorbic acid in the body.
• Acetylsalicylic acid and barbiturates increase urinary excretion of ascorbic acid.
• It interacts with warfarin by decreasing hypoprothrombinemic effect (the effect which decreases blood prothrombin level abnormally).
• Taking ascorbic acid together with Vitamin B12 results with the inactivation (loss of activity) of Vitamin B12.
• Concurrent intake with antiacids containing aluminum (drugs used for the relief of gastric disorders presenting with high acid secretion) increases aluminum absorption.
• Ascorbic acid may damage biochemical assays of glucose, creatinine and uric acid in blood and urine samples.
• It may cause increase in the plasma oxalic acid levels in hemodialysis (the process in which blood taken from patient is passed through a filter (artificial kidney) and returned to patient by regulating liquid and solute contents) patients.
• It has been reported that it decreases vomiting effect of levodopa when taken together with levodopa.
• When diabetic patients were treated 500 mg ascorbic acid daily for a week, it was seen that the blood glucose levels of some controlled diabetic patients were out of control.
• Concurrent intake of ascorbic acid with desferrioxamine may increase iron excretion. Cardiomyopathy (myocardium dysfunction causing cardiac impairment) and congestive cardiac impairment (heart being unable to pump blood sufficient enough to meet body needs) were seen in patients undergoing concurrent treatments.
• Alcohol may decrease the level of ascorbic acid in blood.
• Chronic (long-term) or high dose intake of ascorbic acid may inhibit the interaction of disulfiram and alcohol in the concurrent use.

If you are now taking or have taken recently any prescription or non-prescription drug, please inform your doctor or pharmacist about the drug.

3. How to take IBUCOLD-C?

Instructions for appropriate use and dosing/administration frequency:
Two tablets should be taken as a initial dose by adults and children over 12-years-old, and it should be taken with water as 1-2 tablets every 4-6 hours if necessary.

It should not be taken more than 6 tablets per day unless recommended by the doctor.

Route and method of administration:
IBUCOLD-C tablet is taken orally with a glass of water.

Various age groups:
Use in children: IBUCOLD-C should not be used by children younger than 12-years-old. The dose for adults is administered to children older than 12-years-old.
Geriatric population: The dose for adults is administered to geriatric patients. The drug should be taken carefully if you are older than 60-years-old.

Specific conditions:
Renal/Hepatic Failure: IBUCOLD-C intake should be avoided by patients with severe renal and/or hepatic failure, or it should be taken in low doses under physician control if necessary.

If you believe that the effect of IBUCOLD-C is very strong or weak, consult your doctor or pharmacist.

If you take IBUCOLD-C more than you should:
If you have taken IBUCOLD-C more than you need to take, tell a doctor or pharmacist.

If you have used more IBUCOLD C than you should, or if the children have used this medicine by accident, always consult a doctor or nearest hospital for advice and advice on the precaution and risk.

Symptoms; It may include nausea, abdominal pain, vomiting (bloody streaks), headache, tinnitus, confusion, and shaky eye movements. In high doses, drowsiness, chest pain, palpitations, loss of consciousness, convulsions (especially in children), weakness and dizziness, urine blood, chills, respiratory problems have been reported.

If you forget to take IBUCOLD-C:
Do not take a double dose to make up for the missing dose.

Effects that may occur when IBUCOLD-C treatment is discontinued:
When IBUCOLD C treatment is discontinued, no adverse effects are expected.

4. Possible side effects
Like all medicines, side effects may appear in individuals who are sensitive to the substances contained in IBUCOLD-C.

The side effects have been defined as shown in the following categories:

Very common : It may be seen at least in 1 out of 10 patients.
Common : It may be seen in less than 1 out of 10 patients but in more than one out of 100 patients.
Uncommon : It may be seen in less than 1 out of 100 patients but in more than one out of 1,000 patients.
Rare : It may be seen in less than 1 out of 1,000 patients but in more than one out of 10,000 patients.
Very rare : It may be seen less than 1 out of 10,000 patients.

Unknown : It cannot be estimated with the available data.

If any of the following side effects occur, discontinue IBUCOLD-C, inform your doctor IMMEDIATELY or admit to the emergency service of the closest hospital:

• Shortness of breath; swelling on face, lips, eyelids, tongue and throat; severe itching and rash on skin; hypotension-induced tachycardia and dizziness (hypersensitivity-allergy)

They are all very severe side effects.

If you have any of these, you have a severe level of allergy for IBUCOLD-C. You may need emergency medical intervention or hospitalization.

Common:
• Nervosity
• Sleeplessness
• Headache
• Dizziness
• Confusion
• Dry mouth
• Nausea
• Vomiting
• Dyspepsia
• Diarrhea
• Abdominal pain
• Intestinal gas (Flatulence)
• Intestinal obstruction (Constipation)
• Blackish dark color, squamous and malodorous feces (Melana)
• Upper digestive tract bleedings (Hematemesis)
• Stomach-intestine bleeding (Gastrointestinal hemorrhage)
• Rash

Uncommon:
• Cold (Rhinitis)
• Hypersensitivity
• State of excitement
• Unrest (Agitation)
• Tingling (Paresthesia)
• Drowsing (Somnolence)
• Visual impairment
• Hearing impairment
• Asthma
• Temporary constriction of air passages leading to the lungs (Bronchospasm)
• Shortness of breath (Dyspnea),
• Excessive distension
• Gastritis
• Ulcer on the upper region of intestine (Duodenal ulcer)
• Gastric ulcer
• Oral ulceration
• Gastrointestinal perforation
• Hepatitis
• Jaundice
• Hepatic dysfunction
• Itching
• Urticaria
• Reddish-purple skin rash (Purpura)
• Light pink swelling on face (Angioedema)
• Photosensitive reaction
• Inflammation of fine filters straining blood in kidneys (Tubulo-interstitial nephritis)

• Excretion of excessive protein from body through urination (Nephrotic syndrome)
• Renal failure
• Fatigue

Rare:
• Viral inflammation of meninges (Aseptic meningitis) (especially in patients with autoimmune disease such as connective tissue disease (Systematic Lupus Erythematosus (SLE)) and mixed connective tissue disease)
• Neck stiffness
• Fever
• Losing sense of direction
• Decrease in the count of white blood cell (Leucopenia)
• Decrease in the thrombocyte count (Thrombocytopenia)
• Unexpected decrease in the count of white blood cells (Agranulocytosis)
• Bone marrow being unable to produce blood (Aplastic anemia)
• Early breakdown of red blood cells (Hemolytic anemia)
• Allergic reaction (Anaphylactic reaction)
• Hallucination, seeing or hearing things which actually do not exist (Hallucination – especially in children)
• Delusion (Paranoid delusion)
• Excitability
• Depression
• Clouding of consciousness (Confusional condition)
• Inflammation of visual nerve (Optic neuritis)
• Visual nerve diseases (Toxic optic neuropathy)
• Ringing in the ears (Tinnitus)
• Dizziness due to a problem in the balance system of the body (Vertigo)
• Coronary failure
• Tachycardia
• Palpitation
• Chest pain (Angina pectoris)
• Cardiac arrhythmia
• Increase in blood pressure
• Liver injury
• Irritating and non-irritating skin rashes
• Mutual interaction with drugs stimulating other sympathetic nervous system (Cross-reaction with other sympathomimetics)
• Eczema (Allergic dermatitis)
• Swelling (Edema)

Very rare:
• Decrease in the count of white and red blood cells and thrombocyte (Pancytopenia)
• Destruction of red blood cells to a large extent in the lack of certain type of enzyme (Glucose 6 Phosphate Dehydrogenase (G6PD))
• Swelling on face, tongue and throat
• Decreased blood pressure (Hypotension)
• Murmur
• Pancreas inflammation (Pancreatitis)
• Bullous skin inflammation including blood blister on skin and around eyes, inflammation with swelling and redness (Stevens-Johnson syndrome)

• Skin disease threatening life which characterized with lumps and desquamation (Toxic epidermal necrolysis)
• Rash as blisters on mouth and other regions of body (Erythema multiforme)
• Blood in urine (Hematuria)
• Swelling on body areas except heart and brain (Peripheral edema)
• Increase in liver function tests
• Decrease in the oxygen-carrying capacity of blood (Hematocrit and hemoglobin decrease)

Unknown:
• Hypersensitivity against stimulants (Irritability)
• Anxiety
• Worsening of a kind of inflammatory intestinal disease (Exacerbation of colitis and Crohn's disease)

Reporting of side effects
If you get any side effects, stated or not stated in the Patient Information Leaflet, talk to your doctor or pharmacist. Also, please report the side effects you have to Turkish Pharmacovigilance Center (TÜFAM) by either clicking to "Reporting Drug Side Effect" icon on www.titck.gov.tr or calling side effect reporting line via 0 800 314 00 08. By reporting the side effects you can help provide more information on the safety of this medicine.

TÜFAM	Turkish Pharmacovigilance Center www.titck.gov.tr

If you have any side effect which is not specified in the Patient Information Leaflet, inform your doctor or pharmacist about your condition.

5. How to store IBUCOLD-C?

Keep IBUCOLD-C out of reach and sight of children and its original container.

Keep at room temperature below 25°C in a dry place.

Comply with the expiry date.

Do not take IBUCOLD-C after the expiry date indicated on the package.

Marketing Authorisation Holder:
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