



**CCL LABEL**  
ASHFORD, UNITED KINGDOM

## CCL TEMPLATE 52x145mm Booklet

- Spine
- Tolerances
- Text Area
- # Page Number

Package leaflet: Information for the user.

**Read all of this 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, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet:**

1. What Mefac is and what it is used for
2. What you need to know before you take Mefac
3. How to take Mefac
4. Possible side effects

- medicine (listed in section 6)
- are allergic to aspirin (acetylsalicylic acid), ibuprofen or other NSAIDs
  - are pregnant or breast-feeding
  - suffer from kidney or liver impairment or heart failure
  - are seeking pain relief after heart bypass surgery
  - are taking another medicine known as a cyclooxygenase-2 inhibitor
  - have ever had peptic ulceration (ulcer in the stomach or duodenum) or bleeding in the digestive tract or inflammatory bowel disease
  - are a child under 12 years of age

#### Warnings and precautions

Talk to your doctor or pharmacist before taking Mefac

- Discontinue at first sign of skin rash, lesions, or signs of hypersensitivity.
- If you are elderly and/or taking Mefac for a long time, you should visit your doctor regularly to monitor side effects as the elderly

- stomach or intestine, or signs of a skin rash or blistering of the skin, inform your doctor immediately.
- If the capsules cause any of the side effects listed, it may be necessary to stop taking them.

Use of painkillers for headaches over a long time may make them worse. If this occurs contact your doctor.

Stomach ulcers, perforation or stomach and/or intestinal bleeding, sometimes fatal, have been reported for NSAIDs (the group of medicines to which Mefac belongs). Smoking and drinking alcohol are added risk factors.

The risk of stomach ulcers, perforation or stomach and/or intestinal bleeding increases with higher doses, in patients with a history of ulcers and in the elderly. If any of these apply to you, your treatment should be started at the

#### Other medicines and Mefac

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription. This includes herbal medicines. This is because Mefac can affect the way some medicines work. Also some other medicines can affect the way Mefac works.

Tell your doctor or pharmacist if you are taking any of the following:

- Steroid drugs
- Anti-platelet agents (to prevent blood cells sticking together)
- Anti-coagulants (to prevent clots) such as warfarin or heparin as the doctor may wish to make more frequent checks on your blood clotting.
- Medicines used to treat anxiety and depression known as Serotonin Selective Re-uptake Inhibitors (SSRIs) such as fluoxetine
- certain types of antibiotics called quinolones or aminoglycosides

#### Pregnancy and breast-feeding

This product should not be taken during pregnancy and breast-feeding.

#### Fertility

Mefac may make it more difficult to become pregnant. You should inform your doctor if you are planning to become pregnant or if you have problems becoming pregnant.

Ask your doctor or pharmacist for advice before taking any medicine

#### Driving and using machines

This medicine may cause drowsiness, dizziness and impaired vision. If you are affected you should not drive or operate machinery.

#### Mefac contains lactose monohydrate.

If you have been told by your doctor that you have an intolerance to some

5. How to store Mefac
6. Contents of the pack and other information

#### 1. What Mefac is and what it is used for

Mefac contains an active substance called mefenamic acid. This belongs to the group of medicines called NSAIDs (non-steroidal anti-inflammatory drugs). Mefac is used for the relief of mild to moderate pain and inflammation associated with rheumatic, muscular or arthritic disorders, trauma, headache, dental pain, pain following surgery or childbirth, fever in children over 12 years. Mefac is also used for relief of period pains, management of excessively heavy periods and symptoms of premenstrual syndrome (PMS).

#### 2. What you need to know before you take Mefac

**Do not take Mefac if you:**

- are allergic to mefenamic acid or any of the other ingredients of this

are more prone to side effects.

- Mefac may make it more difficult to become pregnant. You should inform your doctor if you are planning to become pregnant or if you have problems becoming pregnant.
- Medicines such as Mefac may be associated with a small increased risk of heart attack ("myocardial infarction") or stroke. Any risk is more likely with high doses and prolonged treatment.
- If you have heart problems, previous stroke or think that you might be at risk of these conditions (e.g. if you have high blood pressure, diabetes or high cholesterol or are a smoker), you should discuss your treatment with your doctor or pharmacist.
- If you are dehydrated, have or had asthma, high blood pressure, heart failure, systemic lupus erythematosus, (a connective tissue disorder), epilepsy, a bleed in your brain or a tendency to bleed easily.
- If you notice any signs of bleeding or side effects, which affect the

lowest available dose. Your doctor may also ask you to take a medicine that reduces the risk of developing ulcers (e.g. misoprostol and proton pump inhibitors). If you require a low dose aspirin or other drugs which may increase the risk to your stomach (see 'Taking other medicines') you may also be asked to take a medicine to reduce the risk of developing ulcers.

If you have a history of stomach and/or intestinal toxicity, especially if you are elderly, you should report any stomach symptoms, especially stomach and/or intestinal bleeding.

If stomach and/or intestinal bleeding or ulceration occurs your treatment should be withdrawn.

If you are taking Mefac for a long time you should be regularly monitored by your doctor, paying particular attention to development of diarrhoea, rash, liver dysfunction and abnormal condition of the blood. Treatment should be stopped immediately if any of these conditions appear.

- medicines for high blood pressure (anti-hypertensives)
- diuretics (used to treat excess fluid in the blood)
- medicines for depression (lithium, anti-depressants)
- medicines for heart problems (cardiac glycosides, warfarin, aspirin)
- medicine for gout (probenecid)
- medicines for diabetes (hypoglycaemic agents)
- medicines to prevent graft rejection (cyclosporin, tacrolimus)
- medicines to treat leukaemia (methotrexate)
- a medicine usually prescribed through hospitals, called mifepristone (taken within the last 12 days)
- anti-viral medicine (zidovudine)

If you are not sure if any the above applies to you, talk to your doctor or pharmacist before taking Mefac.

sugars, talk to your doctor before taking this medicine.

#### 3. How to take Mefac

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure. Mefac is for oral use.

The capsules should be taken with a glass of water, with or after meals.

#### Adults only:

The usual daily dose is 2 capsules taken 3 times a day.

#### Children (under 12 years):

Mefac is not recommended for children.

#### Elderly:

Caution should be used in elderly patients as they are more prone to the side effects of Mefac.

**If you take more Mefac than you should**  
If you take more Mefac than you should, talk to your doctor or go to a hospital straight away. Take the medicine pack with you. The following effects may happen: acute renal failure and coma.

**If you forget to take Mefac**  
Skip the missed dose.  
Take the next dose as usual.  
Do not take a double dose to make up for a forgotten dose.

#### 4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everyone gets them.

STOP taking the tablets and seek medical help immediately if you experience:

heartburn, passing black tarry stools, vomiting blood, mouth ulcers, loss of appetite, inflammation of large and small intestine, Crohn's disease, inflammation of the pancreas and stomach ulcer  
**Kidney:** Kidney disorders including painful urination, difficulty passing urine, blood in the urine, protein in the urine, kidney failure.  
**Blood:** Anaemia, reduction in certain types of blood cells including lowering of white blood cells (rare), which increases the risk of infection, low sodium levels in blood.  
**Neurological:** Disturbance of vision, reversible loss of colour vision, eye irritation, sensations of prickling or burning, inflammation of the tissues that cover the brain or spinal cord particularly in patients with Systemic Lupus Erythematosus (disease of the immune system) or a mixed connective tissue disorder (with symptoms such as a stiff neck, headache, feeling sick, vomiting, fever and disorientation), depression, confusion, hallucinations, ringing in the

serious allergic reaction: anaphylaxis (a life-threatening reaction including shock and collapse) wheezing and feeling of tightness in the chest, uncomfortable breathing, swelling of the face, lips, mouth, tongue or throat, blistering or peeling of the skin or mucous membrane.  
If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

#### Reporting of side effects

If you get any of the side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRC Pharmacovigilance, Earlsfort Terrace, IRL-Dublin 2. Tel: +353 1 6764971; Fax: +353 1 6762517.  
Website: www.hpra.ie; e-mail: medsafety@hpra.ie  
By reporting side effects you can help provide more information on the safety of this medicine.

monohydrate and sodium laurilsulfate. The capsules are comprised of gelatin, titanium dioxide (E171), erythrosin (E127) and patent blue V (E131) while the printing ink opacode grey contains shellac glaze, titanium dioxide (E171), black iron oxide (E172), propylene glycol (E1520) ammonium hydroxide, simethicone or shellac, titanium dioxide (E171), black iron oxide (E172), strong ammonia solution, potassium hydroxide, propylene glycol. Alternatively tekprint grey ink which contains shellac, propylene glycol (E1520), strong ammonia solution, potassium hydroxide, titanium dioxide (E171) and black iron oxide (E172).

#### What Mefac looks like and contents of the pack

Mefac are size 1, opaque, hard gelatin capsules with a white body and a blue cap. Both the cap and the body have the word 'MEFAC 250' printed in grey and contain a white powder.

- any of the following symptoms of a serious allergic reaction, anaphylaxis (a life threatening reaction including shock and collapse), wheezing and feeling of tightness in the chest, uncomfortable breathing, swelling of the face, lips, mouth, tongue or throat, blistering or peeling of the skin or mucous membrane.
- a serious skin reaction such as rash, blistering or peeling of the skin or mucous membrane (erythema multiforme, Lyell's syndrome (toxic epidermal necrolysis), Stevens-Johnson syndrome)
- diarrhoea, passing black tarry stools or vomiting blood

Tell your doctor if you get any of the following side effects:

The following side-effects frequency **are not known (cannot be estimated from the available data)**

**Gastrointestinal:** Stomach pain, feeling sick, flatulence, constipation,

ear, ear pain, vertigo, malaise (feeling of being unwell), fatigue, drowsiness, convulsions (fits), dizziness, difficulty in sleeping and headache.

**Cardiovascular:** Palpitations, drop in blood pressure, swelling of feet, ankles or legs, high blood pressure. Medicines like Mefac (especially in long-term use) have been associated with a small increase in the risk of heart attack or stroke.

**Skin:** sweating, rash, sensitivity to light, hives, swelling of the lips, face, tongue or larynx.

**Other:** Nervousness, elevation of liver function test and other liver disorders, allergic reactions, asthma, uncomfortable breathing following exercise, changes in blood sugar control in diabetic patients, fever, yellowing of the skin.

This type of medicine can occasionally cause allergic reactions. Tell your doctor straight away if you experience any of the following symptoms of a

#### 5. How to store Mefac

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the label of the container after EXP. The expiry date refers to the last day of that month. Do not store above 25°C.

Do not throw away any medicines via wastewater or household waste.

Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### 6. Contents of the pack and other information

##### What Mefac contains

- The active substance is mefenamic acid (250 mg).
- The other ingredients are dried maize starch, purified talc, lactose

The capsules are available in white polypropylene containers of 50, 100 and 500 capsules. Not all pack sizes may be marketed.

**Marketing Authorisation Holder:** Rowa Pharmaceuticals Ltd., Bantry, Co. Cork, Ireland

**Manufacturers:** Dales Pharmaceuticals Ltd., Snaygill Industrial Estate, Keighley Road, Skipton, North Yorkshire, BD23 2RW, UK.  
Rowa Pharmaceuticals Ltd., Bantry, Co Cork, Ireland.

**Marketed by:** Rowex Ltd., Bantry, Co Cork, Ireland.

This leaflet was last revised in June 2015.