

BEAFEMIC TABLET

Mefenamic acid (500mg)

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What Beafemic is used for

Beafemic tablet are used to relieve mild to moderate pain when anti-inflammatory actions may be desired. It is also used for relief pain due to muscle and bone injuries such as strains or sprains. It can also relieve symptoms of menstrual cramp, migraine or headache and to prevent migraines associated with menstruation.

How Beafemic works

Beafemic contains the active ingredient mefenamic acid which belongs to a group of medicine called Non-steroidal Anti-inflammatory Drugs (NSAIDs). It works by relieving pain and inflammation (heat, swelling, redness).

Before you use Beafemic

- When you must not use it

Do not take Beafemic if you have an allergy to:

- mefenamic acid (the active ingredient in Beafemic) or any of the ingredients listed at the end of this leaflet
- aspirin
- any other NSAID medicine

Symptoms of an allergic reaction may include:

- hives, itching or skin rash
- fainting
- asthma, wheezing or shortness of breath

- swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing

If you are allergic to aspirin or NSAID medicines and take Beafemic, these symptoms may be severe.

Please consult your doctor before start to use Beafemic if you are pregnant, plan to become pregnant, breast-feeding or intend to breast-feed. Your doctor will have weighed the risks of you taking Beafemic against the benefits they expect it will have for you.

Do not take Beafemic if you:

- have kidney or liver impairment
- have inflammation of the bowels
- have a history of stomach or intestinal problems such as bleeding, ulcer
- have skin reactions to other medicines

If you are not sure whether you should be taking Beafemic, contact your doctor.

Do not take Beafemic if the packaging is torn or shows signs of tampering.

- Before you start use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you have or have had any of the following medical conditions:

- If you have had allergic rhinitis (Inflammation of the nasal mucous membrane), urticaria (itching or hives) and the symptoms become worsen caused by Aspirin or NSAIDs.
- If you have blood disorder
- If you have asthma
- If you have heart problem, heart failure or stroke
- If you have high blood pressure
- If you have diabetes
- If you have pre-existing edema
- If you have severe infection (sepsis)

- If you have problem in blood clotting
- If you have stomatitis (inflammation of the mucous membrane of the mouth)
- If you are elderly
- If you have or have had bleeding, ulceration and perforation of the stomach or intestinal
- If you are suffering from dyspepsia (discomfort at the epigastric region due to digestion problem).
- If you have vision problem
- Mefenamic acid may cause severe skin reactions, e.g. exfoliative dermatitis, toxic epidermal necrolysis, Steven-Johnson Syndrome. Symptoms may include skin rash, blisters and peel off. These could be signs of a serious condition. If these reactions occur, stop use and seek medical assistance right away.

If you have not told your doctor about any of the above, tell him/her before you start taking Beafemic.

- Taking other medicines

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

Some medicines and Beafemic may interfere with each other. These include:

- medicines used to relieve pain and fever such as acetaminophen
- medicines used to suppress immune system such as cyclosporine
- medicines used to suppress immune system or reduce inflammation such as glucocorticoids
- aspirin, or other NSAID medicines
- certain antibiotics called cephalosporins

- plicamycin, medicine used to treat certain types of cancer
- valproic acid, medicine used to treat seizures
- medicines used to stop blood clots
- medicines used to treat diabetes
- medicines used to treat high blood pressure such as diuretics
- methotrexate, medicine used to treat arthritis and some cancers

These medicines may be affected by Beafemic or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

How to use Beafemic

Follow all directions given to you by your doctor and pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

- How much to use

Take 500mg initially, then followed by 250mg every 6 hours as needed.

Dosage maybe repeated up to three times daily for not more than 7 days.

- When to use it

Use as directed by your doctor or pharmacist.

Take Beafemic with food or antacid to reduce possibility of stomach upset. Take it with a full glass of water.

- How long to use it

Do not use Beafemic for longer than your doctor says.

Depending on your condition, you may need Beafemic for a few days, a few weeks or for longer periods.

If you are not sure how long to take Beafemic, talk to your doctor or pharmacist.

- If you forget to use it

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

Otherwise, take it as soon as you remember, then go back to taking it as you would normally.

Do not try to make up for missed doses by taking more than one dose at a time. This may increase the chance of you getting an unwanted side effect.

- If you use too much (overdose)

Immediately telephone your doctor for advice or go to Accident and Emergency at your nearest hospital if you think that you or anyone else may have taken too much Beafemic.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

If you take too much Beafemic, you may feel sick or symptoms such as lethargy (extreme fatigue), drowsiness, stomach pain, nausea and vomiting.

More serious effects such as stomach and intestinal bleeding, acute kidney failure, fit, coma, and coagulation disorder have been reported.

While you are using it

- Things you must do

If you become pregnant while taking Beafemic, tell your doctor immediately.

If you are about to start any new medicines, tell your doctor and pharmacist that you are taking Beafemic.

Tell all doctors, dentists and pharmacists who are treating you that you are taking Beafemic.

If you are going to have surgery, including dental surgery, tell your doctor or dentist that you are taking Beafemic.

- Things you must not do

Do not give Beafemic to anyone else, even if they have the same symptoms or condition as you.

Do not use Beafemic to treat any other complaints unless your doctor tells you to.

- Things to be careful of

Be careful driving or operating machinery until you know how Beafemic affects you.

As with other NSAID medicines, Beafemic may cause drowsiness in some people.

If this happens, do not drive or do things that could be dangerous if you are not alert.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well after you have received Beafemic.

Beafemic helps most people, but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects. You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

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

- stomach discomfort
- diarrhoea

- nausea
- skin problem
- heartburn and indigestion

These are the more common side effects of Beafemic. These are usually mild.

Serious side effects are rare. If any of the following happen, tell your doctor immediately or go to Accident and Emergency at your nearest hospital:

- stomach ulcer, bleeding
- black or dark stool
- vomit blood
- blood disorders
- painful urination
- blurred or double vision

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website portal.bpfk.gov.my (Consumers →Reporting).

Storage and disposal of Beafemic

- Storage

Keep your medicine in the bottle or pack until it is time to take them. If you take the medicine out of the bottle or pack, they will not keep well.

Keep the medicine in a cool dry place where the temperature stays below 30°C. Protect from light. Keep the container tightly closed.

Keep Beafemic where children cannot reach it.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

- What it looks like

An oval yellow tablet.

- Ingredients

- Active ingredients
Each tablet contains 500mg mefenamic acid.

- Inactive ingredients

- Aerosil
- Vanisol flavour
- Color, Quinoline Yellow
- Sodium Lauryl Sulphate
- Magnesium Stearate
- Microcrystalline Cellulose
- Povidone
- Sodium Starch Glycolate
- FD & C Yellow # 6

- MAL numbers:

MAL06061323AZ

Manufacturer

UPHA PHARMACEUTICAL MFG.
(M) SDN BHD (53667-M)
Lot 2&4, Jalan P/7, Section 13,
Bangi Industrial Estate,
43650 Selangor Darul Ehsan.

Product Registration Holder

CCM PHARMACEUTICALS SDN
BHD (27754-W)
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