



# EFFECTIVE RELIEF OF PAINFUL SORE THROATS

Sore throats are a common complaint in the pharmacy and although they are usually caused by self-limiting viral infections,<sup>1</sup> they can be painful and irritating. This *Guidelines for Pharmacy* card summarises key professional guidance to help you advise customers and make confident recommendations.

## What the guidelines say

“ **Acute sore throat** (including pharyngitis and tonsillitis) is self-limiting and often triggered by a viral infection of the upper respiratory tract – NICE<sup>2</sup> ”

“ **Antibiotics make little difference** to how long symptoms last or the number of people whose symptoms improve – NICE<sup>[A],2</sup> ”

“ **Self care:** Some evidence that medicated lozenges can help reduce pain in adults; however they may only help to reduce pain by a small amount – NICE<sup>2</sup> ”

[A] In people who may be more likely to benefit from an antibiotic (FeverPAIN score of 2 or 3).<sup>2</sup>

## Advice and discussion points

### Educate:

Up to 95% of sore throats are caused by viral infections,<sup>1</sup> which can't be treated with antibiotics; sore throats usually last around 1 week.<sup>2</sup>

### Reassure:

Sore throats, including pharyngitis and tonsillitis, usually get better on their own, regardless of the cause (bacteria or virus).<sup>2</sup>

### Recommend:

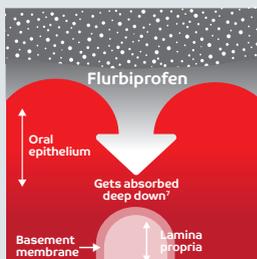
Manage acute sore throat through self-care including oral analgesics, adequate fluid intake, and medicated lozenges.<sup>2</sup>



# RECOMMEND STREFFEN (FLURBIPROFEN) FOR PROVEN RELIEF OF PAINFUL SORE THROATS

### Key facts:

- Nothing is stronger for painful sore throats with a local action<sup>[B],3,4</sup>
- Starts to soothe in 2 minutes<sup>5</sup>
- Relief can last for up to 4 hours.<sup>6</sup>



### What the studies show:

Flurbiprofen from a lozenge formulation is absorbed into the throat tissue,<sup>[C]</sup> including the deeper layers that contain blood vessels and nerves which contribute to painful sore throats.<sup>7</sup>

[B] For verification, please contact PO Box 4044, Slough SL1 0NS  
[C] Based on the results of an ex vivo study.

### REFERENCES:

1. Worrall GJ. *Can Fam Physician*. 2007; **53**:1961–2.
2. NICE. *Sore throat (acute): antimicrobial prescribing*. NICE guideline NG84. NICE, 2018. Available at: [www.nice.org.uk/ng84](http://www.nice.org.uk/ng84).
3. Strefen Honey and Lemon. SPC. Accessed Nov 2020. [www.medicines.org.uk/emc/product/6514/smpc](http://www.medicines.org.uk/emc/product/6514/smpc)
4. Data on file. Reckitt Benckiser Healthcare (UK) Ltd.
5. Schachtel B, et al. *Pain* 2014; **155**: 422–8.
6. Benrimoj SJ et al. *Clin Drug Invest* 2001; **21**: 183–93.
7. Turner, R et al. *Clinical Pharmacology: Advances and Applications* 2020; **12**: 13–20.

[Click here for the Long-form Essential Information](#)

### ESSENTIAL INFORMATION:

STREFFEN HONEY AND LEMON: Each lozenge contains flurbiprofen 8.75mg. Indications: For the symptomatic relief of sore throat.

Legal category: P. MA Holder: Reckitt Benckiser Healthcare (UK) Ltd, Slough, SL1 3UH. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/product/6514/smpc>. MRRP: £5.29, 16 lozenges.  
Date of last revision: August 2016

Adverse events should be reported. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).  
Adverse events should also be reported to Reckitt Benckiser Healthcare (UK) Ltd on: 0333 200 5345