

NUROFEN
FOR CHILDREN

APPROPRIATE FEVER RELIEF FOR CHILDREN

Many parents worry when their child has a fever. How can you support them to choose appropriate OTC medication to reduce the child's distress?

This *Guidelines for Pharmacy* card summarises key professional guidance to help you advise parents and make confident recommendations.

What the guidelines say

“ Consider using either **paracetamol or ibuprofen in children with fever** who appear distressed – NICE¹ ”

“ **When using paracetamol or ibuprofen in children with fever:**

- continue only as long as the child appears distressed
- consider changing to the other agent if the child's distress is not alleviated
- do not give both agents simultaneously
- only consider alternating these agents if the distress persists or recurs before the next dose is due – NICE¹

Advice and discussion points

Reassure parents that fever doesn't always need to be treated but if the child is distressed, treatment is recommended.¹

Refer to NICE's traffic light system for identifying risk of serious illness:²

- **Low risk:** awake and responds normally to social cues
- **Intermediate risk:** decreased activity, wakes only with prolonged stimulation, no smile
- **High risk:** does not wake, weak or continuous cry

Please refer to the NICE document for the full list of indicators.

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RECOMMEND NUROFEN FOR CHILDREN (IBUPROFEN)



What the studies show:

- Ibuprofen has a faster effect than paracetamol and reduces fever for longer³
- Ibuprofen at OTC doses has similar gastrointestinal tolerability to paracetamol⁴ and placebo⁵⁻⁷
- More children treated with ibuprofen see a return to normal activity, appetite, and sleep compared with children given paracetamol.³

Key facts:

- Suitable for babies from 3 months
- Starts to work in just 15 minutes to relieve fever⁸
- Long lasting: relieves fever for up to 8 hours.⁹

REFERENCES:

1. NICE. *Fever in under 5s: assessment and initial management*. NICE guideline NG143. NICE, 2019. Available at: www.nice.org.uk/ng143 2. NICE. *Traffic light system for identifying risk of serious illness*. NICE, 2019. Available at: www.nice.org.uk/ng143/resources 3. Hay AD et al. *BMJ* 2008; **337**: a1302. 4. Lesko SM and Mitchell AA. *JAMA* 1995; **273**: 929-933. 5. Southey ER et al. *Curr Med Res Opin* 2009; **25**: 2207-2222. 6. Pierce CA and Voss B. *Ann Pharmacother* 2010; **44**: 489-506. 7. Kanabar DJ. *Inflammopharmacology* 2017; **25**: 1-9. 8. Pelen F et al. *Ann Pediatr* 1998; **45**: 719-728. 9. Kelley MT et al. *Clin Pharmacol Ther* 1992; **52**:181-189.

ESSENTIAL INFORMATION:

NUROFEN FOR CHILDREN ORANGE/STRAWBERRY 3 MONTHS TO 9 YEARS ORAL SUSPENSION: Ibuprofen 100mg/5ml (equivalent to 2.0% w/v) (GSL) Indications: For the fast and effective reduction of fever, including post immunisation pyrexia and the fast and effective relief of the symptoms of colds and influenza and mild to moderate pain, such as sore throat, teething pain, toothache, headache, minor aches and sprains. MA Holder: Reckitt Benckiser Healthcare (UK) Ltd, SL1 4AQ. Information about this product including adverse reactions, precautions, contra-indications and method of use can be found at <https://www.medicines.org.uk/emc/product/8137/smpc> MRRP: £3.99. Date of last revision: May 2018 [Click here for the Long-form Essential Information](#)

NUROFEN FOR CHILDREN 200MG/SML ORANGE/STRAWBERRY ORAL SUSPENSION: 200mg/5ml ibuprofen. Indications: Children aged 7-12 years: Rheumatic or muscular pain, headache, dental pain, feverishness, symptoms of cold and influenza. Legal category: P MA Holder: RB Healthcare (UK) Ltd., HU8 7DS. Information about this product, including adverse reactions, precautions, contra-indications, and method of use can be found at: <https://www.medicines.org.uk/emc/product/10459/smpc> MRRP: £6.49. Date of last revision: May 2018 [Click here for the Long-form Essential Information](#)

Adverse events should be reported.

Reporting forms and information can be found at www.mhra.gov.uk/yellowcard.

Adverse events should also be reported to Reckitt Benckiser Healthcare (UK) Ltd on: 0333 200 5345