

Flurbiprofen lozenges (Strefen)

Suck one lozenge every three to six hours if needed, but do not use more than five a day.

Move the lozenge around your mouth whilst you are sucking it. This will help prevent any irritation in your mouth.

Side-effects are uncommon and are usually mild.

Do not take or use any other anti-inflammatory painkillers whilst using these lozenges.

About flurbiprofen lozenges

Type of medicine	Non-steroidal anti-inflammatory drug (NSAID)
Used for	Relief of sore throat
Also called	Strefen®
Available as	Lozenges

A [sore throat](#) usually goes after a few days. Simple treatments that you can buy can ease symptoms until the sore throat goes. Usually, you would only need to see a doctor if your symptoms are severe, unusual, or do not ease within 3-4 days.

Flurbiprofen belongs to the group of medicines known as [non-steroidal anti-inflammatory drugs \(NSAIDs\)](#). These medicines are used to relieve pain and swelling (inflammation). Flurbiprofen lozenges are used to ease the symptoms of a sore throat. You can buy them without a prescription at pharmacies.

Before taking flurbiprofen lozenges

Some medicines are not suitable for people with certain conditions, and sometimes a medicine may only be used if extra care is taken. For these reasons, before you start using flurbiprofen lozenges it is important that your doctor or pharmacist knows:

- If you have asthma or any other allergic disorder.
- If you have ever had a stomach or duodenal ulcer, or if you have an inflammatory bowel disorder such as Crohn's disease or ulcerative colitis.
- If you are pregnant or breastfeeding.
- If you are under 12 or over 65 years of age.
- If you have liver or kidney problems.
- If you have a heart condition, or a problem with your blood vessels or circulation.
- If you have high blood pressure.
- If you have ever had blood clotting problems.
- If you have an inflammatory condition called systemic lupus erythematosus (also called lupus, or SLE).
- If you are taking any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.
- If you have ever had an allergic reaction to any other NSAID (such as aspirin, ibuprofen, diclofenac, and indometacin), or to any other medicine.

How to take flurbiprofen lozenges

- Before using these lozenges, read the manufacturer's printed information leaflet from inside the pack and take them exactly as directed.

- You can suck one flurbiprofen lozenge every three to six hours if needed. Move the lozenge around in your mouth as you allow it to slowly dissolve. Do not use more than five lozenges in any 24-hour period.
- You should not use flurbiprofen lozenges for more than three days unless you have been directed to do so by your doctor.

Getting the most from your treatment

- Have plenty to drink, even though it is tempting not to drink very much when it is painful to swallow. You may become mildly lacking in fluid in the body (dehydrated) if you don't drink much, particularly if you also have a high temperature (fever).
- If your sore throat does not begin to feel better within three days, ask for further advice from your pharmacist or doctor.
- If you buy any medicines, check with a pharmacist that they are safe to take alongside these lozenges. You should not take or use any other anti-inflammatory painkillers (such as aspirin, ibuprofen, diclofenac, and naproxen).

Can flurbiprofen lozenges cause problems?

Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. These usually improve as your body adjusts to the new medicine, but speak with your doctor or pharmacist if any of the following side-effects continue or become troublesome.

Possible flurbiprofen side-effects	What can I do if I experience this?
Mouth irritation or ulcers	Moving the lozenges around your mouth as they are dissolving will help prevent this
Indigestion, feeling sick (nausea), tummy (abdominal) discomfort	Try sucking the lozenges after a small snack or milky drink
Headache, unusual taste	These are usually mild and do not last long, but if you are concerned, ask your pharmacist for advice
Skin rash or allergic-type reactions	Avoid taking any further doses. Speak with your doctor or pharmacist if symptoms continue

If you experience any other symptoms which you think may be due to this medicine, speak with your doctor or pharmacist.

How to store flurbiprofen lozenges

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital at once. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

Report suspected side effects to medicines, vaccines, e-cigarettes, medical device incidents, defective or falsified (fake) products to the Medicines and Healthcare products Regulatory Agency to ensure safe and effective use.

Further reading

- [Manufacturer's PIL, Strefen® Honey and Lemon](#); Reckitt Benckiser Healthcare (UK) Ltd, The electronic Medicines Compendium. Dated February 2021.
- [Medicines Complete BNF 87th Edition](#); British Medical Association and Royal Pharmaceutical Society of Great Britain, London.

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