

diclofenac cinsa 50 mg gastro-resistant tablets

diclofenac sodium

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

- What diclofenac cinsa is and what it is used for
- What you need to know before taking diclofenac cinsa
- How to take diclofenac cinsa
- Possible side effects
- How to store diclofenac cinsa
- Contents of the pack and other information

1. What diclofenac cinsa is and what it is used for

Diclofenac sodium, the active substance in diclofenac cinsa, belongs to the group of medicines called non-steroidal anti-inflammatory drugs, which are used to treat pain and inflammation.

Diclofenac cinsa is used to treat the following conditions:

- Chronic inflammatory rheumatic diseases (rheumatoid arthritis, ankylosing spondylitis, osteoarthritis),
- Extra-articular rheumatism,
- Acute attacks of gout,
- Period pains,
- Post-traumatic inflammation.

2. What you need to know before taking diclofenac cinsa

It is important that you use the lowest dose that relieves/controls the pain and you must not take this medicine for longer than required to control your symptoms.

Do not take diclofenac cinsa:

- if you are allergic to diclofenac sodium or any of the other ingredients of this medicine (listed in section 6).
- if you are allergic or have had allergic reactions to acetylsalicylic acid (aspirin) or other similar analgesics (medicines used to treat pain). Reactions may include asthma (difficulty breathing), chest pain, urticaria (allergic skin reaction with itching), acute rhinitis (inflammation of the nasal mucosa) or swelling of the face, lips, tongue, throat and/or extremities (signs of angioedema). If you believe you may be allergic, consult your doctor.
- if you have previously experienced stomach or duodenal bleeding or have experienced, on two or more occasions, perforation of the digestive tract while taking a non-steroidal anti-inflammatory drug.
- if you currently suffer or have suffered on more than one occasion from stomach or duodenal ulcer or bleeding.
- if you suffer from active ulcerative colitis or Crohn's disease (diseases that cause diarrhoea with or without blood and abdominal pain).
- if you suffer from severe kidney disease.
- if you have severe liver disease.
- if you have established heart disease and/or cerebrovascular disease, for example, if you have had a heart attack, stroke, mini-stroke (TIA) or blockages in the blood vessels of the heart or brain, or a coronary bypass or operation to eliminate an obstruction.
- if you have or have had blood circulation problems (peripheral arterial disease).
- if you are in the last trimester of pregnancy.
- if you suffer from a blood clotting disorder.
- if you think you may be allergic to diclofenac sodium, acetylsalicylic acid, ibuprofen or any other NSAID, or any of the other components of diclofenac. (Listed at the end of the package insert.) Signs of a hypersensitivity reaction are swelling of the face and mouth (angioedema), trouble breathing, chest pain, runny nose, rash or any other allergic reaction.

Before taking diclofenac, make sure your doctor knows:

- if you smoke.
- if you have diabetes.
- if you have angina, blood clots, high blood pressure, high cholesterol or high triglycerides.

Adverse effects can be minimised by using the lowest effective dose for the shortest possible time.

Warnings and precautions

Talk to your doctor or pharmacist before taking diclofenac cinsa.

- If you have had or develop an ulcer, bleeding or perforation in the stomach or duodenum, which can manifest as severe, persistent abdominal pain and/or black stools, or even without previous warning symptoms.
- This risk is higher when high doses and long-term treatments are used in patients with a history of peptic ulcer and in elderly patients. In these cases, your doctor will consider using a stomach protecting medicine.
- If you suffer from any of the following conditions: asthma, mild heart disease, liver or kidney disease, high blood pressure (hypertension), bleeding disorders or other blood disorders including hepatic porphyria.
- If you are taking other anti-inflammatory medicines, corticosteroids, anticoagulants or antidepressants, as they increase the risk of ulcers and/or gastrointestinal bleeding (see section “Other medicines and diclofenac cinsa”).
- If you are taking blood pressure medicines or ciclosporin, as they increase the risk of kidney damage (see section “Other medicines and diclofenac cinsa”).

Talk to your doctor:

- If you concomitantly take medicines that affect blood clotting or increase the risk of ulcers, such as oral anticoagulants or platelet aggregation inhibitors, such as acetylsalicylic acid. You must also report the use of other medicines that could increase the risk of bleeding, such as corticosteroids and selective serotonin reuptake inhibitor antidepressants.
- If you suffer from Crohn's disease or ulcerative colitis, as medicines like diclofenac can exacerbate these conditions.
- If you have high blood pressure, high cholesterol or triglyceride levels, diabetes or are a smoker (cardiovascular risk factors), your doctor should periodically re-evaluate whether you should continue your treatment with diclofenac, especially if you have been taking it for more than 4 weeks.
- If you have liver failure, kidney failure or blood disorders, you will need frequent blood tests during your treatment. This will make it possible to control your liver (transaminase level), kidney (creatinine level) or blood (lymphocyte, erythrocyte and platelet levels) function. Your doctor may therefore decide to stop or change your dose of diclofenac.

如果出现這些症狀, 請立即諮詢醫生

- 味覺障礙
- 腦梗塞

眼疾

- 視野模糊
- 雙重視覺

耳朵和迷宮疾病

- 耳鳴

血管疾病

- 高血壓（高血壓）
- 血管炎（血管壁發炎）

呼吸，胸椎和縱隔疾病

- 呼吸急促，喘鳴（肺炎）

如果出现這些症狀, 請立即諮詢醫生

胃腸道疾病

- 克隆氏症和潰瘍性結腸炎加重
- 便秘

- 舌頭腫脹（舌炎）
- 口腔粘膜發炎（口腔潰瘍）
- 吞嚥問題（食道疾病）
- 上腹部劇烈疼痛，噁心，嘔吐和食慾不振（胰腺炎跡象）。

如果出现這些症狀, 請立即諮詢醫生

皮膚和皮下組織疾病

- 嚴重的皮膚反應，例如皮疹，發紅，舌頭， 嘴唇或眼睛出現水泡，皮膚脫皮，並有疲勞，噁心，食慾不振，發燒，發冷，頭痛，咳嗽或身體疼痛（史蒂文斯-強森綜合症或毒性表皮溶解症）。

如果出现這些症狀, 請立即諮詢醫生

- 全身性皮疹（濕疹）
- 發紅（紅斑和多形性紅斑）
- 皮膚脫皮（脫落性皮炎）
- 脫髮
- 陽光過敏（光敏感反應）
- 癢血
- 瘙癢

腎臟和泌尿系統疾病

- 腎功能受損，導致腳或腿腫脹和尿量突然減少（急性腎衰竭，間質性腎炎，腎乳頭壞死）
- 尿液中帶有血液（血尿）
- 尿液有泡沫（腎病綜合症）

如果出现這些症狀, 請立即諮詢醫生

個別的案例

肝膽疾病

- 肝功能異常，導致皮膚和眼睛發黃，發燒，腸道上部疼痛和瘀青（肝衰竭，暴發性肝炎，肝壞死）

如果出现這些症狀, 請立即諮詢醫生

副作用報告

如果你有任何副作用，請諮詢你的醫生或藥劑師。 這包括本說明書中未有列出的任何可能的副作用。

5. 如何貯存莎華「達痛靈」

請將本藥存放於兒童視線範圍以外及不能觸及的地方。

請勿儲存於攝氏25度以上。

在藥盒上“EXP”標明的日期之後，請勿使用此藥。 到期日是指該月的最後一天。

請勿通過廢水或家居垃圾丟棄任何藥物。 諮詢藥劑師如何丟棄不再使用的藥物。 這些措施將有助於保護環境。

6. 包裝和其他資訊

莎華「達痛靈」包含甚麼

主要成份: 每粒藥片含50毫克雙氯芬酸鈉

藥片核心其他成份: lactose monohydrate, microcrystalline cellulose (E-460), maize starch, croscarmellose sodium, colloidal anhydrous silica, sodium lauryl sulphate, povidone (E-1201), talc (E-553b), magnesium stearate (E-470B).

藥片塗層: hydroxypropyl methylcellulose (E-464), methacrylic acid copolymer and ethyl acrylate (1: 1) 30% dispersion, triethyl citrate (E-1505), talc (E-553b), titanium dioxide (E-171)), yellow iron oxide (E-172), brown iron oxide (E-172).

莎華「達痛靈」的外觀和包裝內容

淺棕色雙凸圓柱形片劑，藥片上並標記有代碼“ D50C”。

它們以 PVC-PVDC/鋁泡罩形式供應。 每包包含 40粒腸溶膜衣錠。

營銷授權持有人和製造商:

Laboratorios Cinfa, S.A. Carretera Olaz-Chipi, 10. Polígono Industrial Areta 31620, Huarte (Navarre) – Spain (西班牙)

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在隨後的月經週期增加。 當出現最初症狀時應開始治療。根據症狀的強烈程度，治療應持續幾天。

服用藥物方法

應當用一杯水或其他液體將整片藥片吞服，不要弄碎或咀嚼藥片。 最好在飯前或空腹服用莎華「達痛靈」（請參閱“莎華「達痛靈」和食物，飲料和酒精”一節）。

如果你服用過量莎華「達痛靈」

如果過量或意外攝入，請立即告訴您的醫生或藥劑師。

如果你忘記服用莎華「達痛靈」

不要服用雙倍劑量來彌補被遺忘的劑量。

4. 可能的副作用

像所有藥物一樣，此藥物可能會引起的副作用，並非所有人都會有這副作用。

某些副作用可能很嚴重。

如果你發現有以下情況，請停止使用此藥物並立即諮詢醫生：

在開始使用雙氯芬酸 治療後不久開始出現輕度的腹部絞痛和腹部壓痛，隨後出現直腸出血或帶血性腹瀉， 通常在腹痛發作後24小時內出現（頻率未知，無法從可用數據中估算）。

胸痛， 這可能是潛在的嚴重過敏反應的一種徵兆，稱為Kounis 症候群。

使用雙氯芬酸已報告的其他副作用如下：

常見的副作用(最多可能影響10人中的1位)：

神經系統疾病

- 頭痛
- 頭昏眼花

耳朵和迷宮疾病

- 眩暈

胃腸道疾病

- 噁心
- 嘔吐
- 腹瀉
- 胃灼熱
- 腹痛
- 腸胃脹氣
- 食慾不振

肝膽疾病

- 肝功能血液檢查結果改變（血清轉氨酶升高）

皮膚和皮下組織疾病

- 皮疹

不常見的副作用(最多可能影響100人中的1位)：

- 心臟疾病（長期治療時應高劑量服用）
- 心悸
- 突然的劇烈胸痛（心肌梗塞或心臟病發作的症狀）
- 呼吸急促，躺下時呼吸困難，腳或腿腫脹（心臟衰竭的跡象）

如果出现這些症狀, 請立即諮詢醫生

罕見的副作用(最多可能影響1000人中的1位)：

免疫系統疾病

- 面部，眼睛或舌頭腫脹，吞嚥困難，喘息，蕁麻疹和全身瘙癢，皮疹，發燒，腹部絞痛，胸部不適或氣密，呼吸急促，頭暈，神志不清（嚴重過敏反應）

如果出现這些症狀, 請立即諮詢醫生

神經系統疾病

- 睡意

如果出现這些症狀, 請立即通知醫生

呼吸，胸和縱隔疾病

- 哮喘

胃腸道疾病

- 胃痛
- 反流(胃食道逆流)
- 血性腹瀉
- 胃潰瘍或小腸潰瘍有或無出血或穿孔（嘔吐血液和糞便中帶血）。

如果出现這些症狀, 請立即諮詢醫生

肝膽疾病

- 肝功能受損
- 肝炎泛黃或不泛黃。

如果出现這些症狀, 請立即諮詢醫生

皮膚和皮下組織疾病

- 蕁麻疹

一般性疾病和給藥部位情況

- 體液滯留並出現腫脹（水腫）

非常罕見的副作用(最多可能影響10,000人中的1位)：

血液和淋巴系統疾病

- 缺乏血細胞的會導致疲倦，頭痛，運動時呼吸急促，頭暈，面色蒼白（貧血），發燒，發冷，喉嚨痛或口腔潰瘍（白細胞減少症）頻繁感染，出血或比平常更瘀青（血小板減少症）

如果出现這些症狀, 請立即諮詢醫生

免疫系統疾病

- 面部腫脹

精神病

- 迷惘
- 沮喪
- 失眠
- 噩夢
- 煩躁
- 精神病反應

神經系統疾病

- 刺痛感
- 記憶障礙
- 癲癇發作
- 焦慮
- 震顫
- 腦膜炎（大腦周圍薄膜發炎）病徵如發燒，噁心，嘔吐，頭痛，頸僵硬或對強光極為敏感。

Breast-feeding

Ask your doctor or pharmacist for advice before using any medicine. Small amounts of diclofenac may be found in breast milk, so you should not take diclofenac if you are breast-feeding.

Driving and using machines

Diclofenac has no or negligible influence on the ability to drive and use machines, but patients who experience visual disturbances, dizziness, vertigo, drowsiness or other disorders of the central nervous system while being treated with diclofenac should avoid driving vehicles or operating machinery.

diclofenac cinfa contains lactose.

This medicine contains lactose. If you have been told by your doctor that you are intolerant to certain sugars, please talk to your doctor before taking this medicine.

diclofenac cinfa contains sodium.

This medicine contains less than 1 mmol of sodium (23 mg) per tablet; it is essentially “sodium-free”.

3. How to take diclofenac cinfa

Always take this medicine exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure. Remember to take your medicine.

Use in adults and children over 14 years of age

The recommended dose for milder cases is 100 mg (one tablet twice daily). Do not exceed the dose of 150 mg (3 tablets) per day. The total daily dose should be divided into 2 or 3 separate doses.

For period pains, the daily dose, which must be adjusted individually, is 50-200 mg (1 to 4 tablets). An initial dose of 50-100 mg (1 to 2 tablets) will be administered and it will be increased in the following menstrual cycles if necessary. Treatment should be initiated when the first symptoms appear. Depending on their intensity, the treatment should be taken for a few days.

Method of administration

The tablets should be swallowed whole with a glass of water or other liquid, without breaking or chewing them. Take diclofenac preferably before meals or on an empty stomach (see section “diclofenac cinfa with food, drink and alcohol”).

If you take more diclofenac cinfa than you should

In case of overdose or accidental ingestion, tell your doctor or pharmacist immediately.

If you forget to take diclofenac cinfa

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 everybody gets them.

Some side effects may be serious. Stop using this medicine and consult your doctor immediately if you notice:

Mild abdominal cramping and abdominal tenderness that begins soon after starting treatment with diclofenac followed by rectal bleeding or bloody diarrhoea, normally seen within 24 hours after the onset of abdominal pain (frequency unknown, cannot be estimated from the available data).

Chest pain, which may be a sign of a potentially severe allergic reaction called Kounis syndrome.

Other side effects that have been reported with the use of diclofenac are the following:

Common side effects (may affect up to 1 in 10 people):

Nervous system disorders

- headache
- light-headedness

Ear and labyrinth disorders

- vertigo

Gastrointestinal disorders

- nausea
- vomiting
- diarrhoea
- heartburn
- abdominal pain
- flatulence
- loss of appetite

Hepatobiliary disorders

- alterations in liver function blood test results (increased serum transaminases)

Skin and subcutaneous tissue disorders

- skin rash

Uncommon side effects (may affect up to one in 100 people):

Cardiac disorders (at high doses during prolonged treatments)

- palpitations
- severe sudden chest pain (symptoms of myocardial infarction or heart attack)
- shortness of breath, difficulty breathing when lying down, swelling of the feet or legs (signs of heart failure)

If these symptoms occur, consult your doctor immediately

Rare side effects (may affect up to one in 1,000 people):

Immune system disorders

- swelling of the face, eyes or tongue, difficulty swallowing, wheezing, hives and generalised itching, skin rash, fever, abdominal cramps, chest discomfort or tightness, shortness of breath, dizziness, unconsciousness (severe allergic reaction)

If these symptoms occur, consult your doctor immediately

Nervous system disorders

- drowsiness

If these symptoms occur, consult your doctor immediately

Respiratory, thoracic and mediastinal disorders

- asthma

Gastrointestinal disorders

- stomach pain
- reflux
- bloody diarrhoea
- gastric or intestinal ulcer with or without bleeding or perforation (vomiting of blood and appearance of blood in stool).

If these symptoms occur, consult your doctor immediately

Hepatobiliary disorders

- impaired liver function
- hepatitis with or without yellowing.

If these symptoms occur, consult your doctor immediately

Skin and subcutaneous tissue disorders

- hives

General disorders and administration site conditions

- fluid retention with swelling (oedema)

Very rare side effects (may affect up to one in 10,000 people):

Blood and lymphatic system disorders

- signs of a lack of blood cells resulting in tiredness, headache, shortness of breath when exercising, dizziness, paleness (anaemia), frequent infections with fever, chills, sore throat or mouth ulcers (leukopenia), bleeding or more bruising than usual (thrombocytopenia)

If these symptoms occur, consult your doctor immediately

Immune system disorders

- swelling of the face

Psychiatric disorders

- disorientation
- depression
- insomnia
- nightmares
- irritability
- psychotic reactions

Nervous system disorders

- tingling sensation
- memory disorders
- seizures
- anxiety
- tremors
- meningitis (inflammation of the membranes that surround the brain) with symptoms such as fever, nausea, vomiting, headache, stiff neck or extreme sensitivity to bright light.

If these symptoms occur, consult your doctor immediately

- taste disorders
- cerebral infarction

Eye disorders

- blurred vision
- double vision

Ear and labyrinth disorders

- ringing in the ears

Vascular disorders

- hypertension (high blood pressure)
- vasculitis (vessel wall inflammation)

Respiratory, thoracic and mediastinal disorders

- shortness of breath, wheezing (pneumonitis)

If these symptoms occur, consult your doctor immediately

Gastrointestinal disorders

- exacerbation of Crohn's disease and ulcerative colitis
- constipation
- swelling of the tongue (glossitis)
- inflammation of the mucosa of the mouth (stomatitis)
- problems swallowing (oesophagus disorders)
- severe pain in the upper abdomen, nausea, vomiting and loss of appetite (signs of pancreatitis).

If these symptoms occur, consult your doctor immediately

Skin and subcutaneous tissue disorders

- severe skin reactions with rash, redness, blisters on the lips, mouth or eyes, peeling skin, accompanied by fatigue, nausea, loss of appetite, fever, chills, headache, cough or body aches (Stevens-Johnson syndrome or toxic epidermal necrolysis).

If these symptoms occur, consult your doctor immediately

- generalised rash (eczema)
- redness (erythema and erythema multiforme)
- peeling skin (exfoliative dermatitis)
- hair loss
- sun allergy (photosensitivity reaction)
- bruising
- itching

Renal and urinary disorders

- impaired kidney function, which causes swelling in feet or legs and sudden decrease in urine quantity (acute renal failure, interstitial nephritis, renal papillary necrosis)
- blood in urine (haematuria)
- foamy urine (nephrotic syndrome)

If these symptoms occur, consult your doctor immediately

Isolated cases

Hepatobiliary disorders

- abnormalities in the functioning of the liver that cause yellowing of the skin and eyes, fever, pain in the upper part of the gut, and bruising (liver failure, fulminant hepatitis, hepatic necrosis)

If these symptoms occur, consult your doctor immediately

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

5. How to store diclofenac cinfa

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

Do not store at temperatures above 25°C.

Do not use this medicine after the expiry date which is stated on the container after “EXP”. The expiry date refers to the last day of that month.

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 diclofenac cinfa contains

- The active substance is diclofenac sodium. Each gastro-resistant tablet contains 50 mg of diclofenac sodium.
- The other ingredients (excipients) are: Core: lactose monohydrate, microcrystalline cellulose (E-460), maize starch, croscarmellose sodium, colloidal anhydrous silica, sodium lauryl sulphate, povidone (E-1201), talc (E-553b), magnesium stearate (E-470B). Coating: hydroxypropyl methylcellulose (E-464), methacrylic acid copolymer and ethyl acrylate (1: 1) 30% dispersion, triethyl citrate (E-1505), talc (E-553b), titanium dioxide (E-171), yellow iron oxide (E-172), brown iron oxide (E-172).

What diclofenac cinfa looks like and contents of the pack

Light brown biconvex cylindrical tablets, coated and marked with the code “D50C”.

They are supplied in PVC-PVDC/Aluminium blisters. Each pack contains 40 gastro-resistant tablets.

Marketing authorisation holder and manufacturer

Laboratorios Cinfa, S.A. Carretera Olaz-Chipi, 10. Polígono Industrial Areta 31620 Huarte (Navarra) - Spain

This leaflet was last revised in March 2023.

 **cinfa**

說明書：使用者說明

莎華「達痛靈」50 毫克

雙氯芬酸鈉

此說明書含有重要資訊，使用此藥物前請細心閱讀此說明書內容。

- 請保留此說明書，以便可以再次翻閱。
- 如有任何問題，請向你的醫生或藥劑師查詢。
- 此藥只處方給你，請勿給其他人使用，即使對方病徵跟你相似也可能造成傷害。
- 如有任何副作用，請諮詢你的醫生或藥劑師，此包括任何未有在此說明書列出的任何可能的副作用。請參閱第4節。

此說明書包含甚麼資料？

- 莎華「達痛靈」是甚麼及用於甚麼情況
- 使用莎華「達痛靈」前你需要留意甚麼
- 如何使用莎華「達痛靈」
- 可能的副作用
- 如何貯存莎華「達痛靈」
- 包裝及其他資料

1. 莎華 -「達痛靈」是甚麼及用於甚麼情況

雙氯芬酸鈉是莎華「達痛靈」的活性物質，屬於被稱為非類固醇抗炎藥的藥物類別，用於治療疼痛和炎症。

莎華「達痛靈」用於治療以下疾病引|起的疼痛：

- 慢性風濕病引|起的炎症，
- 關節外風濕病
- 急性痛風發作，
- 經痛，
- 創傷後炎症

2. 服用莎華「達痛靈」前，您需要留意甚麼

你應使用能減輕/控制疼痛的最低劑量是最為重要的，並且你不應服用此藥的時間長於能控制症狀所需的時間。

在以下情況不應服用莎華「達痛靈」：

- 如果你對此藥物的活性物質或其他任何成分過敏（在第6節中列出）。
- 如果你對乙醯水楊酸（阿司匹靈）或其他類似的鎮痛藥（用於治療疼痛的藥物）過敏或曾經有過敏反應。過敏反應包括哮喘（呼吸困難），胸痛，蕁麻疹（皮膚痕癢的過敏反應），急性鼻炎（鼻粘膜發炎）或面部、嘴唇、舌頭、喉嚨和/或四肢腫脹（血管性水腫的跡象）。如果你認為自己可能過敏，請諮詢醫生。
- 如果你曾經有過胃部或十二指腸出血，或者在服用非類固醇消炎抗炎藥時兩次或多次發生消化道穿孔。
- 如果你目前或曾經出現胃部或十二指腸潰瘍出血。
- 如果你患有活躍潰瘍性結腸炎或克隆氏症（導致出血或非出血的腹瀉疾病和腹痛）。
- 如果你患有嚴重的腎臟疾病。
- 如果你患有嚴重的肝臟疾病。
- 如果你已確定患有心臟病和/或腦血管疾病，例如曾經患有心臟病、中風，小中風（TIA）或心臟或腦血管阻塞或冠狀動脈搭橋術或手術消除障礙物。
- 如果你有或曾經有血液循環問題（周邊動脈阻塞性疾病）。
- 如果你正處於妊娠的最後三個月。
- 如果你患有凝血障礙。
- 如果你認為自己可能對雙氯芬酸鈉，乙醯水楊酸，布洛芬或任何其他非類固醇消炎藥過敏，或者對雙氯芬酸 的任何成分過敏。（在本說明書最後部份列出）。過敏反應的病徵是臉部和嘴唇部腫脹（血管性水腫），呼吸困難，胸痛，流鼻涕，皮疹或任何其他過敏反應。

在服用 雙氯芬酸之前，請確保你的醫生知道：

- 如果你抽煙。
- 如果你患有糖尿病。
- 如果你患有心絞痛，血液凝塊，高血壓，高膽固醇或高三酸甘油酯。 可以通過在最短的時間服用最低有效劑量亦能在最大程度上減少不良影響。

警告和注意事項:

服用莎華「達痛靈」之前，請先向你的醫生或藥劑師諮詢。

- 如果你患有胃部或十二指腸有潰瘍，出血或穿孔，並有可能顯得嚴重，持續性腹痛和或黃便黑色，甚至沒有任何的警告症狀。
- 患有消化性潰瘍病史的患者和老年人使用高劑量和長期治療時，這種風險會較高。在這種情況下，你的醫生將考慮使用胃部保護藥。
- 如果你患有以下任何一種疾病：哮喘，輕度心臟病，肝臟或腎臟疾病，高血壓（高血壓），出血性疾病或其他血液疾病，包括肝卽淋症。
- 如果你正在服用其他消炎藥，皮質類固醇，抗凝劑或抗抑鬱藥，因為它們會增加潰瘍和/或胃腸道出血的風險（請參閱“服用其他藥物”一節）。
- 如果你正在服用降壓藥或環孢素，因為它們會增加腎臟損害的風險（請參閱“服用其他藥物”一節）。

請告知你的醫生：

- 如果你同時服用影響血液凝固或增加潰瘍風險的藥物，例如口服抗凝藥或血小板抑制 劑，例如乙醯水楊酸。你必須報告使用其他可能增加出血風險的藥物，例如皮質類固醇和選擇性5-羥色胺再攝取抑制劑抗抑鬱藥。
- 如果你有克隆氏症或潰瘍性結腸炎，像雙氯芬酸 這樣的藥物可能會加重病情。
- 如果你患有高血壓，高膽固醇或三酸甘油酯水平，糖尿病或吸煙（心血管危險因素），你的醫生應定期重新評估是否應繼續使用莎華「達痛靈」進行治療，尤其是你一直服用該藥時超過4週。
- 如果你患有肝臟衰竭，腎臟衰竭或血液疾病，在治療期間需要經常進行血液檢查。這樣就可以控制肝臟（轉氨酶水平），腎臟（肌酸酐水平）或血液（淋巴細胞，紅細胞和血小板水平）的功能。因此，你的醫生可能決定停止或更改雙氯芬酸的劑量。
- 在服用雙氯芬酸之前，告訴您的醫生您最近接受過或即將接受胃或腸道手術，因為雙氯芬酸有時會惡化手術後的傷口癒合。

有心血管問題的患者

例如雙氯芬酸之類的藥物可能會增加心臟病發作（“心肌梗塞”）或中風的風險，特別是在高劑量和長期治療中使用時。請勿超過建議的劑量或治療持續時間。 如果你有心臟問題，有中風病史或認為你可能處於危險之中（例如，如果你患有高血壓，糖尿病，高膽固醇或高三酸甘油酯或吸煙者），而你的醫生決定處方雙氯芬酸，如果持續治療超過4週，你不應每天服用多於100毫克。

此外，此類藥物會導致體液滯留，特別是在患有心臟病和/或高血壓（高血壓）的患者中。

一般而言，盡可能在短時間內服用最低有效劑量的雙氯芬酸，以減輕疼痛和/或炎症，從而降低心血管不良反應的風險。 如果你在服用雙氯芬酸發現胸痛，呼吸急促，虛弱或說話困難，請立即聯絡你的醫生。

兒童和青少年

不建議兒童和14歲以下的青少年服用。

用於老年患者

老年患者可能比其他成年人對雙氯芬酸的作用更為敏感，尤其是當他們體弱或體重較輕時。 因此，老年患者有任何不良反應，應立即告知醫生，這是十分重要的。

其他藥物和莎華「達痛靈」

告訴你的醫生或藥劑師你是否正在服用，最近服用過或可能服用了其他藥物。

有些藥物可以與雙氯芬酸 有相互作用。在這些情況下，可能有必要更改劑量或停止某些藥物的治療。

重要的是，如果你正在服用或最近服用以下任何一種藥物，請告知你的醫生：

- 含有鋰或5-羥色胺再攝取抑制劑的藥物（用於治療某類型的抑鬱症），
- 含有甲氨蝶呤的藥物（用於治療類風濕性關節炎和癌症），
- 含有環孢素，他克莫司的藥物（用於移植後），
- 含有甲氧苄啶的藥物（預防和治療尿道疾病），
- 治療心臟疾病的藥物（地高辛，鈣離子通道阻斷劑，如維拉帕米或伊拉地平），
- 除胰島素外，用於治療糖尿病的藥物。
- 控制血壓的藥物（利尿劑，β 受體阻斷劑和血管張力素轉化酶抑制劑），
- 預防血液凝塊的藥物，
- 含有喹諾酮或頭孢曲松（治療感染）的藥物，
- 與雙氯芬酸（非類固醇消炎藥）同類別組的其他藥物，例如乙醯水楊酸或布洛芬，
- 皮質類固醇（減少炎症和免疫系統作用的藥物），
- 含有伏立康唑的藥物（用於治療真菌感染的藥物），
- 含有苯妥英鈉（用於治療癲癇發作的藥物）的藥物，
- 含有米索前列醇的藥物（用於治療胃潰瘍），
- 含有考來烯胺和考來替泊（降低血液膽固醇）的藥物
- 含有噴他佐辛（舒緩疼痛）的藥物。
- 一種用於治療細菌感染的抗生素藥物（利福平）。

莎華「達痛靈」與食物, 飲料和酒精

藥物最好在飯前服用或空腹服用，因為它會延遲藥物作用的發作。

含酒精的飲料與雙氯芬酸一起服用可能會增加其毒性。

懷孕, 母乳喂養和生育

如果你是孕婦或哺乳期，認為你可能已經懷孕或打算生孩子子，請在服用此藥物之前向你的醫生或藥劑師諮詢。

懷孕

如果您處於懷孕期最後3個月，請勿服用雙氯芬酸。。因為它可能會傷害您未出生的孩子或導致分娩的問題。 它可能會導致未出生嬰兒有腎臟和心臟問題。 它可能會影響您和您的嬰兒有出血傾向，並導致分娩比預期稍遲或較長時間。 由於服用雙氯芬酸等藥物會增加先天性異常/流產的風險，因此不建議在懷孕的第一和第二期服用此藥，除非認為完全有必要並且是經醫生指示。 在這情況下，劑量和持續時間將被限制到盡可能最少。 如果從懷孕20週開始服用雙氯芬酸多於數天，可能會導致未出生嬰兒有腎臟問題，從而導致嬰兒周圍羊水含量低（羊水過少）或嬰兒心臟血管（動脈導管）變窄。 如果您需要治療的時間多於數天，您的醫生可能會建議進行額外的監測。 對於有生育能力的女性，必須考慮到雙氯芬酸等藥物與生育能力下降有關。

哺乳期

使用任何藥物之前，請先諮詢你的醫生或藥劑師。母乳中可能存在少量雙氯芬酸，因此，如果你是母乳喂養，則不應服用雙氯芬酸。

駕駛和使用機器

雙氯芬酸對駕駛和使用機器的能力沒有影響或影響輕微，但患者在服用雙氯芬酸治療時如有視覺障礙、頭暈、眩暈、嗜睡或其他中樞神經系統疾病，則應避免駕駛車輛或操作機器。

莎華「達痛靈」含有乳糖

如果你的醫生告訴你對某些糖有不耐受問題，請在服用此藥物前先諮詢你的醫生。

莎華「達痛靈」含有鈉。

此藥每片含有少於 1 毫摩爾鈉（23 毫克）；它基本上是“無鈉”的。

3. 如何服用莎華「達痛靈」

務必完全按照醫生或藥劑師的指示服用此藥。 如果不確定，請諮詢你的醫生或藥劑師。 謹記服用藥物。

適用於成人和14歲以上的和兒童

對於較輕的情況，建議的劑量為100毫克（每天兩次，每次一粒）。 每天的劑量不應超過150毫克（3片）。每日總劑量應分為2或 3次。

對於經痛，必須個別調整。 每日劑量為50-200毫克 （1-4片）。 初始劑量為50-100毫克（1-2片），如有必要，將