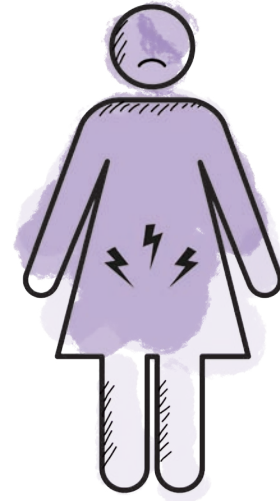


# Period cramps

More than half of girls have pain in the lower belly or back during their periods. Here are some ways to manage mild to moderate period cramps.



## Apply heat

- Place a heating pad, hot water bottle, or warm washcloth on the lower belly for 20 minutes, 2 times per day
- Soak in a warm bath



## Keep moving

- Exercise can help—like walking, swimming, or strength training
- It's okay to go to school and participate in other normal activities



## Try to relax

- Relaxing activities like yoga and meditation can help
- Try to reduce stress, which can make cramps worse



## Take a pain reliever

- A pain reliever like MOTRIN® IB,\* which contains ibuprofen, can help the body make less of the chemicals that cause cramps, and relieve period pain
- Parents: Remind older kids to always read and follow the label on all MOTRIN®\* products



## When to call your doctor

- Self-care doesn't help, and the pain makes it hard to do normal things
- Cramps suddenly get worse
- Period pain comes with a fever
- There are cramps but no period
- If you are worried or have questions or concerns





### Stay on top of period pain

- Start taking a pain reliever like MOTRIN® IB as directed when your period pain begins
- Set a schedule to take the next dose at the right time
- Keep cramps away to get back to enjoying normal activities



## MOTRIN® Dosage

### MOTRIN® products for adults and children 12 years and older

#### IMPORTANT INSTRUCTIONS FOR PROPER USE

Always read and follow the label on all MOTRIN® products.

#### MOTRIN® IB Liquid Gels

Active ingredient: ibuprofen (NSAID)\*  
200 mg (in each capsule)



Use product only as directed.

AGE	Adults and children 12 years and older
DOSE AND FREQUENCY	1 capsule every 4 to 6 hours while symptoms last; if pain or fever does not respond to 1 capsule, 2 capsules may be used
MAXIMUM LABELED DOSE	Not to exceed 6 capsules in 24 hours, unless directed by a doctor Total labeled daily dose: <b>1200 mg</b>

#### MOTRIN® IB Caplets

Active ingredient: ibuprofen (NSAID)\*  
200 mg (in each caplet)



Use product only as directed.

AGE	Adults and children 12 years and older
DOSE AND FREQUENCY	1 caplet every 4 to 6 hours while symptoms last; if pain or fever does not respond to 1 caplet, 2 caplets may be used
MAXIMUM LABELED DOSE	Not to exceed 6 caplets in 24 hours, unless directed by a doctor Total labeled daily dose: <b>1200 mg</b>

\*Nonsteroidal anti-inflammatory drug.