

Information For the User
Diclofenac (50mg) + Metaxalone (400mg)

Flexilong D Tablet

Diclofenac (50mg) + Metaxalone (400mg) Tablet

reduces muscle spasms and associated pain by acting on the brain and spinal cord.

Composition:

Each tablet contains:

- Diclofenac Sodium: 50 mg
- Metaxalone: 400 mg

Take the tablet with a full glass of water, with or without food. If the tablet causes stomach upset, it may be taken with food or milk.

Pharmacological Class:

- Diclofenac: Non-Steroidal Anti-Inflammatory Drug (NSAID)
- Metaxalone: Muscle Relaxant

Contraindications:

- Hypersensitivity: Contraindicated in patients with known allergies to diclofenac, metaxalone, other NSAIDs, or any component of the formulation.
- Active Peptic Ulcer or GI Bleeding: Diclofenac is contraindicated in patients with a history of active peptic ulcer or gastrointestinal (GI) bleeding.
- Severe Liver or Kidney Impairment: This combination should not be used in patients with severe liver or kidney disease, as diclofenac and metaxalone may exacerbate these conditions.

Indications:

This combination tablet is used to treat a variety of conditions, including:

- Acute Musculoskeletal Pain: For the relief of pain and inflammation associated with conditions like sprains, strains, and muscle injuries.
- Muscle Spasms: For muscle spasms and discomfort related to musculoskeletal conditions.
- Lower Back Pain: For the relief of pain and muscle stiffness often experienced in cases of back pain or injury.

Warnings and Precautions:

- Cardiovascular Risk: Prolonged use of NSAIDs like diclofenac may increase the risk of cardiovascular events such as heart attack or stroke. Use with caution in patients with a history of heart disease or risk factors for cardiovascular disease.
- Gastrointestinal Effects: NSAIDs can cause gastrointestinal irritation, ulceration, or bleeding. Patients should be monitored for any signs of GI bleeding, such as black or tarry stools, abdominal pain, or vomiting blood.
- Renal and Hepatic Impairment: Both diclofenac and metaxalone require dose adjustments or caution in patients with renal or liver impairment. Regular monitoring of kidney and liver function is recommended.
- Muscle Weakness or Drowsiness: Since metaxalone is a muscle relaxant, it may cause drowsiness, dizziness, or weakness.

Mechanism of Action:

- Diclofenac Sodium: A non-steroidal anti-inflammatory drug (NSAID), diclofenac works by inhibiting cyclooxygenase enzymes (COX-1 and COX-2), which are involved in the production of prostaglandins. Prostaglandins are chemicals in the body responsible for inflammation, pain, and fever. By reducing prostaglandin synthesis, diclofenac helps to relieve pain, reduce inflammation, and lower fever.
- Metaxalone: A centrally acting muscle relaxant, metaxalone works by depressing the central nervous system (CNS), helping to relax skeletal muscles. It does not directly affect the muscle tissue but

Avoid activities that require full alertness, such as driving or operating heavy machinery, until you know how the medication affects you.

Side Effects:

- **Common Side Effects:**
 - Stomach upset, nausea, or vomiting
 - Drowsiness or dizziness
 - Headache
 - Abdominal pain or discomfort
 - Diarrhea or constipation
- **Serious Side Effects:**
 - Gastrointestinal bleeding (black, tarry stools, or vomiting blood)
 - Heart attack or stroke (especially with long-term use of NSAIDs)
 - Liver toxicity (yellowing of skin or eyes, dark urine)
 - Kidney problems (reduced urine output, swelling of ankles or feet)
 - Severe allergic reactions (rash, itching, difficulty breathing)
 - Muscle weakness, confusion, or excessive drowsiness

If any of these serious side effects occur, discontinue use and seek medical attention immediately.

Drug Interactions:

- **Other NSAIDs, Corticosteroids:** Combining this medication with other NSAIDs, aspirin, or corticosteroids may increase the risk of gastrointestinal side effects such as ulcers or bleeding.
- **Anticoagulants (e.g., warfarin):** Diclofenac may enhance the effects of blood thinners, increasing the risk of bleeding.
- **Antihypertensive Drugs:** NSAIDs like diclofenac may reduce the effectiveness of certain blood pressure medications.
- **Alcohol:** Alcohol use may increase the risk of gastrointestinal bleeding when taken with diclofenac and may also enhance the sedative effects of metaxalone.

Storage:

- **Store at room temperature (between 20°C to 25°C) in a dry place, away from light.**
- **Keep out of reach of children.**
- **Do not use after the expiration date printed on the packaging.**

Packaging:

- **Available in bottles or blister packs containing 10, 20, or 30 tablets, depending on the manufacturer.**

Manufacturer:

- **[Manufacturer Name]**

Note:

- **Do not exceed the prescribed dose. Overuse of this combination medication may lead to serious side effects, including gastrointestinal bleeding or kidney and liver damage.**
- **If you miss a dose, take it as soon as you remember, unless it is almost time for your next dose. Do not take two doses at once to make up for a missed dose.**
- **This medication should be used as part of a comprehensive treatment plan, including rest, physical therapy, and other supportive treatments as recommended by your healthcare provider.**

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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