

# Nonsteroidal Anti-Inflammatory Drugs (NSAID)

## What are NSAIDs?

- NSAIDs are a group of medications that reduce inflammation and relieve pain. They may be taken regularly for some pain conditions, or as needed.
- NSAIDs interfere with your body's ability to produce prostaglandins. Prostaglandins are substances that can cause pain and inflammation.
- NSAIDs start to work quickly. You may begin feeling better soon after starting this medicine.

### Examples of NSAIDs:

- Ibuprofen (including Advil®, Motrin®)
- Naproxen (including Naprosyn®, Aleve®)
- Indomethacin (including Indocid®, Novo-Methacin®)
- Ketorolac (including Toradol®)
- Diclofenac (including Voltaren®)
- Celecoxib (Celebrex®)

## How to use and store this medication

- Most NSAID medications are taken by mouth (tablet, liquid or capsule). Some are taken in the muscle or vein (injectable), through the skin (cream), or rectally (suppository).
- Take this medication with food to prevent upset stomach.
- Delayed-release or enteric-coated tablets should be swallowed whole. If you are not sure what type of tablets you have, ask your healthcare provider or pharmacist. They will tell you how you should take this medication.
- Store the medication at room temperature, away from heat, moisture, and direct light.
- Store the medication out of reach of children and pets.

## If you miss a dose

- Take the dose as soon as you remember.
- If it is almost time for your next dose, skip the missed dose and continue with the next dose at the regular time.
- Do not extra medicine to make up for a missed dose.
- If you are unsure what to do about a missed dose, contact your healthcare provider or pharmacist.

## Safety measures

- Some medications should not be taken together with an NSAID. You can take other medications with an NSAID, with special care and monitoring. Medications that can react with NSAIDs include diuretics, anticoagulants (like warfarin), tacrolimus, or other NSAIDs (even

non-prescription NSAIDs).

- If you take NSAIDs, ask your healthcare provider or pharmacist before taking any other medication, including non-prescription medications, vitamins, and herbal products.
- This medication may make your skin burn more easily in the sun. Protect skin with a hat, clothing, and a sun block with SPF 15 or higher.
- Tell your healthcare provider if you are pregnant or breastfeeding, or if you have kidney, liver or heart disease, high blood pressure, bleeding problems, diabetes, or stomach ulcers.

## Side effects

- It is important for you to be aware of possible NSAID side effects. Not all side effects happen to all people, and many people do not have any side effects.
- If you take an NSAID regularly for a long time, your healthcare provider may recommend tests to check for side effects.
- Less serious side effects often improve during your first few days taking the NSAID. These side effects include:
  - Mild stomach pain or cramps, indigestion, heartburn, nausea, or vomiting: try taking medication with food
  - Diarrhea: ensure you drink lots of fluids to stay hydrated
  - Headache, dizziness, or lightheadedness: try moving more slowly when you sit or stand
- If these side effects continue, or cause distress, talk with your healthcare provider or pharmacist.

### **CALL YOUR HEALTH CARE PROVIDER RIGHT AWAY AND GET HELP IF YOU EXPERIENCE:**

- Severe stomach cramping, stomach pain, or nausea that does not go away.
- Signs of bleeding:
  - Black, tarry, or bloody stools (poo)
  - Vomiting blood or material that looks like coffee grounds
  - Blood in urine: can be red, pink or tea-coloured
  - Large or unusual bruises
- Signs of an allergic reaction:
  - Itching, hives
  - Swelling in the face or hands
  - Tingling in the mouth or throat
  - Tightness in the chest
  - Trouble breathing
- Extreme tiredness
- Clumsiness or slurred speech
- Blurry or double vision
- A ringing sound in your ears

