

Nonsteroidal Anti-inflammatory Drugs NSAIDs



Pain Service

4480 Oak Street, Vancouver, BC V6H 3V4

604-875-2345 • 1-888-300-3088

www.bcchildrens.ca

Nonsteroidal Anti-inflammatory Drugs (NSAIDs)

- ▶ Ibuprofen (Advil®, Apo-Ibuprofen®, other)
- ▶ Naproxen (Naprosyn®, Naproxen®, Apo-Naproxen®, other)
- ▶ Indomethacin (Indocid®, Novo-Methacin®, other)
- ▶ Ketorolac (Toradol®, other)
- ▶ Diclofenac (Voltaren®, Novo-Difenac®, other)
- ▶ Celebrex
- ▶ Others

What are NSAIDs?

NSAIDs are a group of medications that reduce inflammation and relieve pain. They may be taken regularly for some types of pain conditions or on an as-needed basis.

These medications work by interfering with your body's ability to produce certain substances that can cause pain and inflammation called prostaglandins.

How to use and store this medication:

- ▶ Take this medication with food.
- ▶ Delayed-release or enteric-coated tablets should be swallowed whole. If you are not sure what type of tablets you have, ask your doctor 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.

If you miss a dose:

- ▶ If you miss a dose or forget to take your medication, take it as soon as you remember. However, if it is almost time for your next dose, do not take the missed dose or double your next dose. Instead, continue your regular dosing schedule. If you are unsure what to do about a missed dose, contact your doctor or pharmacist.
- ▶ Do **not** take extra medication to make up for a missed dose

Drugs and food to avoid:

- ▶ Ask your doctor or pharmacist before using any other medication, including non-prescription medications, vitamins and herbal products

Warnings:

Tell your doctor if are pregnant or breastfeeding, you have kidney, liver or heart disease, high blood pressure, bleeding problems, diabetes, or stomach ulcers.

Side effects:

This list of side effects is important for you to be aware of; however, it is also important to remember that not all side effects happen to all people.

These are some less serious side effects of taking NSAIDs. Most of these less serious side effects will improve over the first few days of taking the medication. Talk to your doctor or your pharmacist if you have problems with any of these:

- ▶ Stomach pain or cramps, mild discomfort or diarrhea
- ▶ Heartburn, indigestion, nausea or vomiting
- ▶ Headache
- ▶ Dizziness, drowsiness
- ▶ Bloating feeling, change in appetite, change in taste

continued...

These are some more serious side effects of taking NSAIDs. They are not very common. Call your doctor right away if you have any of these side effects:

- ▶ Chills, fever, muscle aches, pains especially if this occurs with a skin rash. These may be signs of a serious reaction.
- ▶ Severe stomach cramping or stomach pain, nausea that will not go away, black tarry stools or if you are vomiting blood or material that looks like coffee-grounds. These may be signs of a stomach ulcer or bleeding.
- ▶ Irregular breathing, fast heartbeat or hives. These may be signs of an allergic reaction.

If you have any other side effects that you think are caused by this medication, tell your doctor or pharmacist.

This medication may make your skin more sensitive to sunlight. Try to stay out of direct sunlight and wear protective clothing and a sun block with SPF 15 or higher.

If you are taking this medication regularly on a long-term basis, your doctor may want to do certain tests to check for side effects.

- ▶ Fever, cough, sneezing, sore throat, stuffy nose
- ▶ Feeling sick to your stomach or throwing up
- ▶ Shakiness

Call your doctor right away if you have any of these side effects:

- ▶ Allergic reaction such as:
 - itching
 - hives
 - swelling in the face or hands
 - tingling in the mouth or throat
 - tightness in the chest
 - trouble breathing
- ▶ Clumsiness or trouble with coordination
- ▶ Extreme tiredness, slurred speech
- ▶ Uncontrolled eye movements or blurred or double vision

If you have any other side effects that you think are caused by this medication, tell your doctor or pharmacist.

It's good to ask!



If you have questions about pain management in children, call:

- BCCH Pain Service at 604-875-2345 ext 5108 or
- Call for free if you live in BC at 1-888-3088 extension (5108).

It's good to ask.