

INSTRUCTIONS FOR NONSTEROIDAL ANTI-INFLAMMATORY MEDICATION

You have been given a prescription for one of the anti-inflammatory pain medications that we call "non-steroidal anti-inflammatory drugs" (NSAIDs). The most common names for frequently used NSAIDs include Ibuprofen, Advil, Motrin, Indocin, Naprosyn, Feldene, Voltaren, Celebrex and Mobic. NSAIDs are frequently used to treat pain and inflammation associated with arthritis, bursitis, tendonitis, synovitis, and other inflammatory processes. While many different medications comprise this drug class, they share some common side effects. The most common side effects of these drugs are gastrointestinal in nature. Heartburn, upset stomach and diarrhea are the most frequent. Gastric ulcers are rare, but can occur. Therefore, we recommend that you take these medications after meals or with food to help prevent these symptoms from occurring. If you have a history of ulcers, please make sure to let your primary physician know. Your physician may not want to use any of the NSAIDs.

For those patients taking high blood pressure medication, you should continue to monitor your blood pressure more frequently while you are NSAIDs. Occasionally, your anti-inflammatory can interact with your blood pressure medication and make it less effective.

If you have any heart or kidney problems, please contact your primary care doctor prior to beginning the anti-inflammatory medication. Your doctor may elect to draw additional blood tests to check your kidney and electrolyte function.

Patients taking blood thinners, particularly Coumadin, usually are not given anti-inflammatory medication. However, if you take NSAIDs and blood thinners, your Protime must be monitored more frequently.

Other common side effects associated with NSAIDs include headache and a spaced-out and woozy feeling. There are a number of much less common side effects that can involve the liver, kidneys, eyes and bone marrow, but these usually occur when taking the medication for a prolonged period of time.

MOST IMPORTANTLY, IF YOU EXPERIENCE ANY SIDE EFFECTS, STOP TAKING THE MEDICATION AND CALL YOUR PHYSICIAN.

If you have any questions, please feel free to contact us at 310-372-4646.