

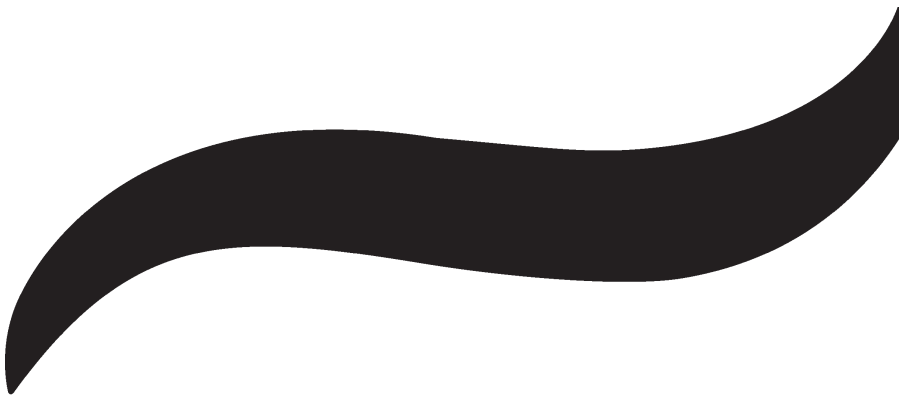


NSAIDs

(Non-Steroidal Anti-Inflammatory Drugs)

Information for patients

Prescribing Management Team
Kirklands Hospital



NON STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

NSAIDs are medications that can reduce swelling around joints and nerve endings to give pain relief. They are particularly useful in treating inflammatory type pain. Two commonly prescribed NSAIDs are ibuprofen and naproxen.

This leaflet gives information on NSAID tablets or capsules taken by mouth (*orally*).

If you have asthma, a heart condition, high blood pressure, kidney problems or have had previous stomach ulcers or bleeding you should let your doctor, pharmacist or pain specialist know before taking a NSAID.

If you are breastfeeding, pregnant or likely to become pregnant, you should let your doctor/ nurse/ pharmacist know.

What dose should I take?

You may have to try one or more type or dose of NSAID until you find one which works for you. The dose of NSAID may be increased slowly every few weeks. This will depend on your response and any side-effects you experience. It may take a few weeks of regular use for the maximum anti-inflammatory effect to be felt.

When your pain is under control you may be advised to reduce or stop your anti-inflammatory medication.

Are there any side effects?

All medications can cause side effects but not everyone will get them. A full list is in the patient information sheet with your prescription.

The most common side effects with NSAIDs are irritation of the stomach causing indigestion like symptoms or a feeling of sickness.

This can be made less by remembering to take your NSAID with or after food. You may also be prescribed a medication (*Omeprazole*, or *Lansoprazole*) to help lessen the risk of stomach problems. You should take this medication every day whilst you are taking a NSAID.

NSAID's can increase the risk of heart problems and increase blood pressure. Some NSAID's are not recommended to be taken by people who already have a diagnosed heart condition.

They can cause kidney problems especially if they are used for a long time at high doses. A blood test may be required to check this.

If you have asthma, you may find it gets worse. If so, stop taking your NSAID immediately and contact your doctor, pharmacist or pain specialist for advice.

If side effects persist, or you have others not expected, you should speak to your doctor, pharmacist or pain specialist.

How long will I have to take them for?

This varies for different people. In general, you will need to take them as long as you require relief for inflammatory type pain. This should be regularly reviewed to ensure benefit to pain control is more than any side effects or risks.

The overall aim is to use the lowest effective dose for the shortest period of time. Side effects are more likely when the medication is used for a long period of time or in large doses.

Many chronic pain conditions such as osteo-arthritis only have inflammatory pain part of the time, so other medications which are paracetamol-based may give better pain relief. You can then add a NSAID during inflammatory “flare-up” when you are experiencing symptoms of swelling and heat. Some conditions, such as ankylosing spondylitis, may require longer-term use of anti-inflammatory medications.

OTHER INFORMATION

NSAIDs may be linked with reduced fertility which resolves on stopping.

NSAIDs can interact with many other medications. These include warfarin, lithium and many drugs used in the treatment of high blood pressure. You should never buy other medications over the counter without telling the pharmacist that you are taking a NSAID.

Medication in chronic pain

The benefit from taking medication should always be more than any side-effects you may have. Only you

- ❖ know how bad your pain is
- ❖ are able to say if your medication is helping
- ❖ know what side effects you are having

Getting the best effect from your medication may be a matter of trial and error. It may help to keep a diary of your pain and other symptoms. Side effects often become less once you have been on a medicine for a few days. It may be several days or weeks before you notice that a new medicine is making a difference.

You can discuss your pain medication with your doctor, pharmacist or pain specialist. They can give you advice on which pain medicines may help and they can help you find the best way to take your medicines. They can advise you on putting your dose up safely if your pain is worse and on taking less medication safely when your pain is less.

If your medicine is not helping you may not need to take it. Please talk to your doctor or pharmacist first. Some pain medicines should not be stopped suddenly.

Do not share or take other peoples medication. Always advise your doctor, pharmacist or pain specialist about any other medication or products you are taking for chronic pain including things bought from the pharmacy, herbal supplements or non-prescribed medicines.

Understanding how your medications work may help you to get the best pain relief from it with the least side-effects.

We hope you found this information leaflet helpful. This information is not intended to replace your Doctor’s advice. If you have any comments about the content, please let us know. This can be done by filling in the comment section, and sending it to the Prescribing Management Team at the address listed below, or by email.

Prescribing Management Team

Kirklands Hospital

Fallside Road

Bothwell

G71 8BB

prescribing@lanarkshire.scot.nhs.uk

COMMENTS:

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot or ask a member of staff for a copy of our Data Protection Notice.

This publication is adapted with the kind agreement of NHS Fife Pain Management Service and approved for use in NHS Lanarkshire.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot
NHS Lanarkshire General Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	Aug 2018
Review date:	Aug 2020
Issue No:	01
Department:	Prescribing Team

PIL.NSAIDS.18_18834.L