

# Non-steroidal anti-inflammatory drugs

## To relieve pain



Your doctor has prescribed non-steroidal anti-inflammatory drugs for you. This treatment is used to relieve pain as well as to reduce fever and inflammation.

The three best-known anti-inflammatory drugs are celecoxib, naproxen, and ibuprofen (e.g. Advil, Motrin).

### How is this medication taken?

Several anti-inflammatory drugs are available on the market. Each has its own particular dose and frequency to respect. Most often, these are tablets or capsules to be swallowed. The medication is sometimes also available in suppository form.

### How long will this treatment go on?

Non-steroidal anti-inflammatory drugs are used to relieve persistent pain. The treatment can go on for days or months. However, sometimes the treatment has to be stopped because of side effects.

### What are the main side effects?

Non-steroidal anti-inflammatory drugs can cause:

- digestion problems and irritation of the stomach or intestines that can cause ulcers, hemorrhage (bleeding), or even a perforation
- increase in bleeding
- acute renal (kidney) failure
- increase in blood pressure
- aggravation of congestive heart failure
- bronchial spasms (worsening of asthma)

**Tell your doctor** if you have digestive problems, or kidney or heart failure. Anti-inflammatory drugs may aggravate these problems.

Also tell your doctor if you have heartburn during the treatment.



## Could I become addicted to non-steroidal anti-inflammatory drugs?

No. There is no dependence associated with this drug.

## Can I drink alcohol during the treatment?

Yes, but alcohol may increase the digestive problems caused by the drug.

## Can I drive and do manual labour during the treatment?

Yes. You can drive a car and do manual labour.

## Can I take anti-inflammatory drugs during pregnancy?

Non-steroidal anti-inflammatory drugs are not recommended during the first 3 months and last 3 months of pregnancy. The drug may cause bleeding (hemorrhage) in the mother, fetus, or newborn. It could also cause problems in the baby's heart and lungs.

If you are pregnant or breastfeeding, or planning to become pregnant, tell your doctor. Some types of anti-inflammatory drugs may be safer than others, depending on the situation.

## Do I need to follow any special diet during the treatment?

It is recommended that the medication be taken with food to avoid digestion problems.



## Are there any precautions to take regarding other medications or natural products?

Some medications or natural products can change the effect of non-steroidal anti-inflammatory drugs. For example, blood thinners and anti-inflammatory drugs should not be taken together. The risk of bleeding is high. It is always best to seek advice from your doctor or pharmacist before taking other products.



Anti-inflammatory drugs are also available over-the-counter on pharmacy shelves. Taking different anti-inflammatory drugs together can be dangerous for the stomach, kidneys, or bleeding. **Be careful not to exceed the maximum daily dose of anti-inflammatory drugs.** To know what that is, ask your pharmacist for help.

## What should I do if I forget to take a dose?

Take it as soon as possible. However, if it's almost time for the next dose, wait until the usual time.

**Don't double the dose.**

## Where should I store my medication?

Store it in a safe place, away from children. Medications are sensitive to heat and humidity. Don't store them in the kitchen or bathroom.

## What should I do in case of an emergency or overdose?

**Important : Go to the emergency room.**

For immediate assistance, call **911**.



### REMEMBER

**You can manage your pain!**

**How? By doing:**

- light activities
- progressive exercises
- relaxation techniques
- your favourite hobbies and pastimes

Eat well to maintain a healthy weight. Sleep enough to feel rested. Take your medications as prescribed.



**For your health and that of your loved ones, never take someone else's medication and never share yours.**

## Who should I contact for help or to ask questions?

If you have questions about the medication, ask your pharmacist or nurse. Otherwise, ask your doctor at your next appointment.



### USEFUL RESOURCES

Québec Association of Chronic Pain:

> [douleurchronique.org](http://douleurchronique.org)

Canadian Pain Society:

> [canadianpainsociety.ca](http://canadianpainsociety.ca)

Société Française d'Étude et de Traitement de la Douleur:

> [sfetd-douleur.org](http://sfetd-douleur.org)

International Association for the Study of Pain:

> [iasp-pain.org](http://iasp-pain.org)

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our website

[chumontreal.qc.ca/fiches-sante](http://chumontreal.qc.ca/fiches-sante)



### Questions


*The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.*

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