



MINISTRY OF HEALTH  
SINGAPORE



SINGHEALTH / PIL / E117R0

PATIENT INFORMATION LEAFLET

# NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDs)

Diclofenac, Ibuprofen, Indomethacin  
Ketoprofen, Mefenamic Acid, Naproxen  
Piroxicam, Meloxicam, Celecoxib, Etoricoxib



## ABOUT your medicine

This medicine can be used to treat pain and inflammation (swelling). It can also be used in rheumatoid arthritis, osteoarthritis and other inflammatory disorders.

The medicine works by blocking the production of prostaglandins. Prostaglandins are chemicals produced by the body after an injury, and they may cause pain and swelling. Reducing prostaglandin production will reduce symptoms after an injury. However, these prostaglandins also provide protection against gastric problems. Thus, NSAIDs may cause side-effects such as indigestion, ulcers, and stomach bleeding.

The newer types of NSAIDs, called the COX-2 selective NSAIDs (e.g. celecoxib, etoricoxib), selectively block the “inflammatory” prostaglandins but allow the stomach-protecting prostaglandins to remain in action. Gastric side-effects are therefore reduced.

## HOW should I take the medicine?

Your doctor will determine the amount of medicine you should take based on the severity of your condition. Take this medicine in the dose prescribed by your doctor.

This medicine may be taken with food or directly after a meal to reduce gastric side-effects. COX-2 selective NSAIDs may be taken with or without food.

*Keep all medication out of reach of children  
Discard all medication that has expired or is no longer required*

## What should I do if I FORGET a dose?

If you miss a dose or forget to take your medicine, take it as soon as you remember. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

## What are the possible SIDE-EFFECTS of the medicine?

The following are some of the more common side-effects:

- Gastro-intestinal discomfort
- Allergic reactions
- Nausea
- Diarrhoea
- Stomach ulcers
- Headache
- Dizziness
- Hearing disturbances.

Some people may experience fluid retention and raised blood pressure. NSAIDs may also affect blood clotting. Use of NSAIDs may also worsen asthma. Inform your doctor if you experience any side-effects.

## What PRECAUTIONS should I take?

Before taking your medicine, inform your doctor if :

- you are allergic to any medicines.
- you are pregnant or planning to become pregnant.
- you are breast-feeding.
- you have a history of gastric (stomach) or duodenal (intestinal) ulcers.
- you are on blood thinning agents (e.g. aspirin, warfarin).
- you are suffering from a defect of the blood clotting system.
- you have kidney, heart or liver problems.

## How should I STORE the medicine?

Store the medicine in a dry place at room temperature, away from heat and direct light. Do not refrigerate your medicines unless instructed to do so.