

All About Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

Presented by: Campbell University's APhA OTC Literacy Committee

What are NSAIDs?

- NSAIDs are both available as OTC and prescription products that are commonly used for reducing pain, inflammation, fever, and clotting
- Examples include naproxen, ibuprofen, and aspirin





Common Uses/Indications

- Arthritis
- Headache/migraine
- Back pain
- Fever
- Inflammation



Side Effects

- High blood pressure
- Nausea, vomiting, and diarrhea
- Gastrointestinal ulcers and bleeds
- Increases the risk of heart attack and stroke

Acetaminophen	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT	
Acetaminophen regular strength for example Tylenol® Regular Strength	325 mg per pill	2 pills every 4 to 6 hours while symptoms last	Do not take more than 10 pills in 24 hours, unless directed by a doctor	 Acetaminophen dosage daily limit is 4,000 mg For your safety, do not take more than this amount in 24 hours
Acetaminophen extra strength for example Tylenol® Extra Strength	500 mg per pill	2 pills every 6 hours while symptoms last	Do not take more than 6 pills in 24 hours, unless directed by a doctor	
Acetaminophen extended release for example Tylenol® 8HR Arthritis Pain	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours	
NSAIDs nonsteroidal anti-inflammatory drugs				
	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT	
Ibuprofen for example Motrin® IB and Advil®	200 mg per pill	1 pill every 4 to 6 hours while symptoms last (if pain or fever does not respond to 1 pill, 2 pills may be used)	Do not take more than 6 pills in 24 hours, unless directed by a doctor	 Ibuprofen dosage daily limit is 1,200 mg For your safety, do not take more than this amount in 24 hours
Naproxen sodium for example Aleve®	220 mg per pill	1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour)	Do not take more than 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours	 Naproxen sodium dosage daily limit is 660 mg For your safety, do not take more than this amount in 24 hours
Aspirin regular strength for example Bayer® Regular Strength	325 mg per pill	1 or 2 pills every 4 hours, or 3 pills every 6 hours	Do not take more than 12 pills in 24 hours	 Aspirin dosage daily limit is 4,000 mg For your safety, do not take more than this amount in 24 hours
Aspirin extra strength for example Bayer® Extra Strength	500 mg per pill	1 or 2 pills every 4 to 6 hours	Do not take more than 8 pills in 24 hours	

References

1. Get Relief Responsibly. Ibuprofen contraindications and interactions. Accessed February 21, 2021.
<https://www.getreliefresponsiblyprofessional.com/ibuprofen-contraindications-interactions>.
2. Get Relief Responsibly. Patient Education. Accessed February 21, 2021.
<https://www.getreliefresponsiblyprofessional.com/patient-education>.

Drug Interactions

- Taking multiple NSAIDs such as Advil and Naproxen
- Anticoagulants like apixaban and NSAIDs
- Diuretics like furosemide and NSAIDs
- Anti-hypertensive medications like lisinopril and NSAIDs

Safety Tips

- Follow the directions on the 'Drug Facts' section for proper dosing
- Take the smallest effective dose for the shortest amount of time
- Take only ONE product that includes an NSAID at a time
- Bring your list of prescription, OTC, and herbal medications to your next appointment with your provider
- Discuss using NSAIDs prior to use if you are over 60 years old or have a history of heart failure, high blood pressure, heart attack, stroke, stomach bleeding/ulcers, liver disease, or kidney disease
- Talk to a health professional if you have any questions about choosing or using an NSAID

References

1. Get Relief Responsibly. Ibuprofen contraindications and interactions. Accessed February 21, 2021.
<https://www.getreliefresponsiblyprofessional.com/ibuprofen-contraindications-interactions>.
2. Get Relief Responsibly. Patient Education. Accessed February 21, 2021.
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