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

References

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