

NSAIDs

What it is

NSAIDs are medicines that ease pain and swelling. Examples include ibuprofen and naproxen. Some are sold over the counter and some need a prescription.



Tablets: take with food



Gel you rub on the skin

Lowest dose that helps, shortest time

Who it may help

- Osteoarthritis pain
- Gout flares
- Ankylosing spondylitis and axial spondyloarthritis
- Short-term relief in inflammatory arthritis

Self-care tips

- Take with food. Use the lowest dose that helps.
- Do not take two NSAIDs together, such as ibuprofen and naproxen.
- Ask first if you have heart, kidney or stomach problems or take blood thinners.
- Tell every provider and pharmacist what you take.

What to expect

Before you start: Your rheumatologist reviews your health and may order blood tests.

Taking it: Take by mouth with food, or rub on the skin as a gel. Use the lowest dose that helps, for the shortest time.

Follow-up: You have regular visits and lab tests to check how it works and watch for side effects.

When to call us

- Black or bloody stool, or vomiting blood
- Stomach pain that does not go away
- Swelling in the legs or less urine than usual

Call 911 for trouble breathing, or swelling of the face, lips or throat.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/rheumatology/treatments/nsaids/



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