

Your NSAID checklist

NSAIDs are short for **Nonsteroidal Anti-Inflammatory Drugs**, which are commonly used pain relievers.

NSAIDs can be prescribed by a healthcare provider or bought over-the-counter (OTC).

OTC NSAIDs are commonly known by these brand names:

- Ibuprofen, which is sold under the brand names MOTRIN® and Advil®
- Naproxen Sodium (sometimes called Naproxen) which is sold under the brand name Aleve®
- Aspirin is also an NSAID

If not taken correctly, NSAIDs can adversely affect your kidneys, heart and digestive system.

Take charge of your health and ensure appropriate NSAID use. Follow these 5 important steps.

1. Know what you're taking - read and follow the label!
2. Ask your health care provider or pharmacist if you have any questions about an NSAID (OTC or prescription), or if you're unsure if your medicine is an NSAID
3. Tell your health care provider if you routinely take OTC NSAIDs
4. If you take a prescription NSAID, talk to your health care provider or pharmacist before taking OTC NSAIDs
5. Follow simple guiding principles:
 - ✓ Do not take more than directed
 - ✓ Use the lowest effective dose for the shortest time you require for relief
 - ✓ Do not take multiple NSAIDs together

Learn more NSAIDs at www.NSAIDAlliance.com.



Look for (NSAID) on the package.



Alliance for Rational
Use of NSAIDs
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