

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:

- Aspirin, which is sold under various brand names.
- Combination medications that include an NSAID, such as Excedrin® (which contains aspirin).
- Non-aspirin NSAID medications including:
 - Ibuprofen, which is sold under brand names such as Motrin® and Advil®.
 - Naproxen Sodium, which is sold under the brand name Aleve®.

Even when taken according to the label, NSAIDs may harm your kidneys, heart and digestive system and can cause severe stomach bleeding. Non-aspirin NSAIDs increase the risk of heart attack, heart failure and stroke - and the risk is higher if you use more or for longer than directed.

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 about NSAIDs at www.NSAIDAlliance.com.



Look for **(NSAID)** on the package.



Alliance for Rational Use of NSAIDs

A Public Health Coalition

MEMBERS OF THE ALLIANCE INCLUDE



AANP American Association of NURSE PRACTITIONERS

American Association of Colleges of Pharmacy AACP

American Chronic Pain Association

healthy women informed empowered

western PAIN society

National Kidney Foundation

EDUCATE before YOU MEDICATE The NCPH Coalition working together to promote safe medicine use National Council on Patient Information and Education www.talkaboutrx.org

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