

ANTI- INFLAMMATORY MEDICATION ADVICE

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FEET IN FOCUS
Podiatry & Musculoskeletal Services

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Anti-inflammatory medication or non-steroidal anti-inflammatory drugs (NSAIDs) are a type of drug used to reduce swelling and also pain associated with excess inflammation.

NSAIDs can be bought over the counter in the form of ibuprofen (brufean), stronger versions are also available through your GP and two examples of these are diclofenac sodium and naproxen, stronger types tend to have a higher chance of side effects.

NSAIDs always need to be taken with food and you should not exceed the recommended maximum dosage as you risk problems such as stomach ulcers.

If purchased from your pharmacist do not exceed the maximum dosage on the packaging, if provided on prescription by your GP follow the recommendations of your GP.

Some individuals experience stomach problems with continued use of NSAIDs and need to take medications to protect their stomach, common medications used for this are omeprazole and lansoprazole but others are available from your GP. Omeprazole is also available from a pharmacist.

In order to get the desired anti-inflammatory effects of these medications you need to take them regularly towards their maximum dosage and for a 7-28 days period.

If you note any side effects stop taking the medication, refer to the information provided with the medication and consult your GP or pharmacist.

Always refer to the information booklet enclosed with your medication.

DOSAGES

1. Brufean adults and children over 12 years, initially 300-400mg 3-4 times a day, maintenance dose of 600mg-1600mg may be adequate
2. Naproxen 500mg initially then 250mg every 6-8 hours not exceeding 1250mg daily, these are available from your GP
3. Diclofenic Sodium 75-150mg daily in 2-3 dosages, available from your GP

If you have any further questions please contact the clinic on:

info@feetinfocus.com or (02920) 644900

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