

Medication Information Sheet



Ibuprofen

brands: Advil and many others

Medications are only ONE part of a successful treatment plan. They are appropriate when they provide benefit, improve function and have either no or mild, manageable side effects. Importantly, medications (even if natural) are chemical substances not expected in the body, and as such have side effects. Some of the side effects might be unknown. The use of medications/drugs for any purpose requires patient consent. This practice does NOT require a patient to use any medication.

Information & potential benefits

Ibuprofen is a Non Steroidal Anti Inflammatory (NSAID). Ibuprofen, like other NSAIDS, inhibits the synthesis of prostaglandins (prostaglandins cause elevation of body temperature and sensitize nerve endings to pain transmission). By inhibiting prostaglandin synthesis, ibuprofen relieves fever and pain. NSAIDs are often essential agents in the management of arthritis and have a major role in the treatment of pain, but they also may be commonly employed for conditions that are less serious.

Potential risks and side effects

Common and basic side effects include rash, stomach upset, constipation, nausea, headache and dizziness.

NSAIDs may cause an increased risk of serious blood clots in the brain and heart, heart attack, and stroke, which can be fatal. This risk may increase with duration of use. Patients with cardiovascular disease or risk factors for cardiovascular disease may be at greater risk. NSAIDs cause an increased risk of serious GI adverse events including bleeding, ulceration, and perforation of the stomach or intestines. These events can occur at any time during use and without warning symptoms. Elderly patients are at greater risk for serious GI events.

Dosing information

The smallest dose that achieves relief should be used. Over the counter ibuprofen can be up to 200mg per tablet. They can be prescribed up to 800mg per tablet by a provider. The maximum recommended dose is 3200mg per day. For chronic conditions it can take several weeks to see the desired effect, but most of the time it is noticed within 2 weeks.

Important information

Disclaimer: This is for informational purposes only. This does not replace the instructions you received from your provider, does not constitute initiation of medical treatment or establishment of a patient-physician relationship, does not constitute any form of recommendation, prescription or medical advice, and does not imply that the medication is appropriate or FDA approved for any condition. This information is not a complete listing of instructions, doses, uses or side effects. If this was prescribed to you, you must review this information with your pharmacist and prescriber before starting the medication. Any medication may interfere with the ability to drive, concentrate or operate machinery; patients must be responsible for their own behavior and should not engage in any dangerous activity if there is any question of impairment. All medications have side effects and drug interactions, some serious, some fatal. Let all of your practitioners and pharmacists know about every substance used. Alcohol, herbals or illegal drugs are not considered safe with these medications. Assume no medication is safe during pregnancy or while breast feeding. The medication may interfere with birth control. Almost any medication can cause sleepiness, insomnia, dizziness, confusion, hallucinations, anxiety, panic, constipation or diarrhea, headache, chest pain and nausea or vomiting, among others. Most medications should NOT be stopped suddenly because of the risk of withdrawal.