

MELOXICAM

mɛl-ox-ih-kam

What does it do?

Meloxicam reduces pain and inflammation.

How should you take it?

Take *meloxicam* with food and a glass of water.

What if you forget a dose?

If you take *meloxicam* regularly and it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *meloxicam* including:

- anti-inflammatories, such as ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®), and creams or gels (e.g. Voltaren Emulgel®)
- low-dose aspirin (e.g. Cartia®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

| Side Effects | Recommended action |
|--|---------------------------------|
| Stomach pain, coughing or vomiting of blood, black bowel motions Swollen lips, tongue, throat or face, trouble breathing Chest pain Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain Reduced number of blood cells that help your blood to clot - symptoms include: easy or unusual bruising or bleeding | Tell your doctor immediately |
| Swollen feet or legs, short of breath Bloody or cloudy pee Ringing in the ears | Tell your doctor |
| Dizziness Indigestion, nausea, constipation or diarrhoea Skin rash | Tell your doctor if troublesome |

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you have heart, kidney, stomach or bowel problems, high blood pressure, asthma, or if you have ever had a stroke or TIA (mini-stroke).
- Tell your doctor if you have had problems with aspirin or anti-inflammatories.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- In most cases, paracetamol and/or codeine may be safely used while taking *meloxicam*