Te Whatu Ora
Health New Zealand
Waitaha Canterbury

# TENOXICAM

*ten-ox-ih-kam*

## What does it do?

*Tenoxicam* is an anti-inflammatory medicine used to reduce pain and inflammation.

## Before you start

- Tell your doctor if you have heart, kidney, liver, 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 other anti-inflammatory medicines.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

## How should you take it?

Take *tenoxicam* as directed with a large glass of water.

## What if you forget a dose?

If you take *tenoxicam* 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 *tenoxicam* 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 |
|---|---|
| Symptoms of allergy including: skin rash, itching, swelling, trouble breathing<br>Symptoms of a peptic ulcer including: tummy pain, red or black bowel motions, vomit that looks like coffee grounds<br>Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain | Tell your doctor immediately |
| Swollen feet or legs, short of breath | Tell your doctor |
| Indigestion, nausea, diarrhoea | Take with food and tell your doctor if symptoms continue |

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

## Other information:

- It is safe to use paracetamol with *tenoxicam* for pain relief if you need to.
- Anti-inflammatory medicines can sometimes cause kidney problems, especially in people who are dehydrated. Don't take *tenoxicam* if you are dehydrated.
- Long-term use of anti-inflammatory medicines may increase the chances of a heart attack or stroke – talk to your health professional about your risk.