

INFORMATION FOR THE PATIENT

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APO-NABUMETONE

Nabumetone Tablets BP

APO-NABUMETONE (nabumetone), which has been prescribed to you by your doctor, is one of a large group of nonsteroidal anti-inflammatory drugs (also called NSAIDs) and is used to treat the symptoms of certain types of arthritis (rheumatoid arthritis, osteoarthritis). It helps to relieve joint pain, swelling, stiffness and fever by reducing the production of certain substances (prostaglandins) and by helping to control inflammation. NSAIDs do not cure arthritis, but they promote suppression of the inflammation and the tissue damaging effects resulting from this inflammation. This medicine will help you only as long as you continue to take it.

You should take APO-NABUMETONE only as directed by your doctor. Do not take more of it, do not take it more often and do not take it for a longer period of time than your doctor ordered. Taking too much of any of these medicines may increase the chance of unwanted effects, especially if you are an elderly patient.

Be sure to take APO-NABUMETONE regularly as prescribed. In some types of arthritis, up to one week may pass before you feel the full effects of this medicine. During treatment, your doctor may decide to adjust the dosage according to your response to the medication.

Stomach Upset is One Of the Most Common Problems with NSAIDs

To lessen stomach upset, take this medicine immediately after a meal or with food or milk. Also, you should remain standing or sitting upright (i.e. do not lie down) for about 15-30 minutes after taking the medicine. This helps to prevent irritation that may lead to trouble swallowing. If stomach upset (indigestion, nausea, vomiting, stomach pain or diarrhea) occurs and continues, contact your doctor.

Do not take ASA (acetylsalicylic acid), ASA-containing compounds or other drugs used to relieve symptoms of arthritis while taking APO-NABUMETONE unless directed to do so by your physician.

If you are prescribed this medication for use over a long period of time, your doctor will check your health during regular visits to assess your progress and to ensure that this medication is not causing unwanted effects.

ALWAYS REMEMBER

THE RISKS OF TAKING MEDICATION MUST BE WEIGHED AGAINST THE BENEFITS IT WILL HAVE.

BEFORE TAKING THIS MEDICATION, TELL YOUR DOCTOR AND PHARMACIST IF YOU:

- or a family member are allergic to or have had a reaction to nabumetone or other anti-inflammatory drugs (such as acetylsalicylic acid (ASA), diclofenac, diflunisal, fenoprofen, flurbiprofen, ibuprofen, indomethacin, ketoprofen, mefenamic acid, piroxicam, tiaprofenic acid, tolmetin or tenoxicam) manifesting itself by increased sinusitis, hives, the initiating or worsening of asthma or anaphylaxis (sudden collapse);
- or a family member has had asthma, nasal polyps, chronic sinusitis or chronic urticaria (hives);
- have a history of stomach upset, ulcers, liver or kidney diseases;
- have blood or urine abnormalities;
- have high blood pressure;
- have diabetes;
- are on any special diet, such as a low-sodium or low-sugar diet;
- are pregnant or intend to become pregnant while taking this medication;
- are breast feeding or intend to breast feed while taking this medication;
- are taking any other medication (either prescription or non-prescription) such as other NSAIDs, high blood pressure medication, blood thinners, corticosteroids, methotrexate, cyclosporine, lithium, phenytoin;
- have any other medical problem(s) such as alcohol abuse, bleeding problems, etc.

WHILE TAKING THIS MEDICATION

- tell any other doctor, dentist or pharmacist that you consult or see, that you are taking this medication;
- some NSAIDs may cause drowsiness or fatigue in some people taking them. Be cautious about driving or participating in activities that require alertness if you are drowsy, dizzy or lightheaded after taking this medication;
- check with your doctor if you are not getting any relief or if any problems develop;
- report any untoward reactions to your doctor. This is very important as it will aid in the early detection and prevention of potential complications;
- stomach problems may be more likely to occur if you drink alcoholic beverages. Therefore, do not drink alcoholic beverages while taking this medication;
- check with your doctor immediately if you experience unexpected weakness while taking this medication, or if you vomit any blood or have dark or bloody stools;
- some people may become more sensitive to sunlight than they are normally. Exposure to sunlight or sunlamps, even for brief periods of time, may cause sunburn, blisters on the skin, skin rash, redness, itching or discoloration; or vision changes. If you have a reaction from the sun, check with your doctor;
- check with your doctor immediately if chills, fever, muscle aches or pains, or other flu-like symptoms occur, especially if they occur shortly before, or together with, a skin rash. Very rarely, these effects may be the first signs of a serious reaction to this medication;
- YOUR REGULAR MEDICAL CHECKUPS ARE ESSENTIAL.

SIDE EFFECTS OF THIS MEDICATION

Along with its beneficial effects, APO-NABUMETONE like other NSAID drugs, may cause some undesirable reactions especially when used for a long time or in large doses.

Elderly, frail or debilitated patients often seem to experience more frequent or more severe side effects.

Although not all of these side effects are common, when they do occur they may require medical attention.

Check with your doctor immediately if any of the following are noted:

- bloody or black tarry stools;
- shortness of breath, wheezing, any trouble in breathing, or tightness in the chest;
- skin rash, hives, swelling, or itching;
- vomiting or persistent indigestion, nausea, stomach pain or diarrhea;
- yellow discoloration of the skin or eyes;
- any change in the amount of or colour of your urine (dark red or brown);
- any pain or difficulty experienced while urinating;
- swelling of the feet or lower legs;
- malaise, fatigue, loss of appetite;
- blurred vision or any visual disturbance;
- mental confusion, depression, dizziness, light-headedness;
- hearing problems.

Other side effects not listed above may also occur in some patients. If you notice any other effects, check with your doctor.

DOSING

You should take APO-NABUMETONE only as directed by your doctor. Do not take more of it, do not take it more often and do not take it for a longer period of time than your doctor ordered.

Be sure to take APO-NABUMETONE regularly as prescribed. Try to take your tablets at the same time each day. APO-NABUMETONE's effect is evident early in treatment; however, in some types of arthritis, up to 1 week may pass before you feel the full relief from this medicine. It is important to keep taking APO-NABUMETONE even after you start to feel better.

Generally, patients are instructed to take two APO-NABUMETONE tablets (1000 mg) once a day. During treatment, your doctor may decide to increase the dosage up to four tablets (2000 mg) each day, according to your response to the medication. In that case it may be divided in two doses per day.

APO-NABUMETONE will work whether or not you take it with food or milk. You should swallow the tablets whole, with water or milk. Do not chew them.

Important

Your doctor may give you different instructions better suited to your specific needs. If you need more information on how to take APO-NABUMETONE properly, double-check with your doctor or pharmacist.

WHAT TO DO IF YOU MISS A DOSE

If you forget to take a tablet, leave out that dose completely. Take your next dose at the normal time it is due.

STORAGE

Store your tablets in a dry place at room temperature in the original container provided by the pharmacy

APO-NABUMETONE IS NOT RECOMMENDED FOR USE IN CHILDREN SINCE SAFETY AND EFFECTIVENESS HAVE NOT BEEN ESTABLISHED.

DO NOT KEEP OUTDATED MEDICINE OR MEDICINE NO LONGER NEEDED.

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KEEP OUT OF THE REACH OF CHILDREN.
THIS MEDICATION HAS BEEN PRESCRIBED FOR YOUR MEDICAL PROBLEM. DO NOT GIVE IT TO ANYONE ELSE.
IF YOU REQUIRE MORE INFORMATION ON THIS DRUG, CONSULT YOUR DOCTOR OR PHARMACIST.

Issue No.: _____ 1 _____