

# The Pill and Painkillers



## DO YOU USE IBUPROFEN IN COMBINATION WITH THE PILL?

Recent studies have shown that in some people, there may be an **increased risk (1 in 5000)** of developing blood clots with regular/long term use of anti-inflammatory painkillers such as ibuprofen and diclofenac - known as NSAIDs - with contraceptive pills.

Painkillers are used for a variety of reasons - such as for managing various types of pain or for fevers. Anti-inflammatory medications are often very useful for managing pain.

**There are other options to consider!**

## WHAT OTHER PAINKILLERS I CAN USE?

1. Paracetamol
2. Co-codamol
3. **Naproxen** - Although naproxen is another type of NSAID, the studies mentioned above do not show the same increased risk of blood clots - please note this medication is only available on prescription.

## NEXT STEPS...

**Don't worry** - it is okay to have used ibuprofen or diclofenac in combination with the pill in the past.

The associated risk of developing a blood clot is very low. The aim is to allow **you** - the patient - to make an informed decision and balance the benefits vs risks of taking these medications.

If you would like to discuss further how this affects you, please reach out to the practice directly.

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*Please also consider filling out the questionnaire sent via SMS so we can continue to improve our practice here at Pathhead Medical Practice.*

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