

Creams & Ointments

Soothing aches and pains

Painful arthritis, headaches and achy joints and muscles impact your quality of life. You often reach to over the counter products for relief before calling your physician. Day to day pain relief often comes in the form of creams and ointments as they are easier on the stomach than tablets and sometimes more effective.

Pain relief in a tube allows you to apply the product directly to the affected area, these are called topical products. Unlike tablets and capsules – patients often reapply pain relief ointments throughout the day with less attention to direction on frequency of use.

Over-the-counter products may interact with your warfarin (brand name Coumadin®) as often and with the impact of a prescription drug.

In the case of topical pain relievers, interactions with warfarin are common resulting from ingredients such as menthol and salicylates.

What are salicylates?

Salicylates are plant hormones that are made into salicylic acid. Salicylic acid is used as a preservative and commonly used in products such as aspirin. Aspirin should not be used if you are taking warfarin except on the advice of your physician. An increase risk of bleeding is associated with aspirin-type products.¹

Pain relief products containing aspirin or menthol

- Ben Gay®
- Aspercreame®
- Flexall®
- Sportscreme®
- Overtime® Pain Relief Lotion

Patients should understand topical creams, gels and ointments are absorbed directly into the bloodstream. Your INR may be influenced by topical pain relievers.

More frequent monitoring is advised when starting or stopping any product.¹ Check with your doctor for the safest choices for you.

For more information on improving your safety,
visit **www.PTINR.com** or call **1-877-262-4669**



WellLife: A guide for living on warfarin
is brought to you by Alere™ Home Monitoring

1. Bristol-Myers Squibb Company. Medication Guide for Coumadin Tablets and Coumadin for Injection (Package Insert). Princeton, NJ. 2009.