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Sulindac tablets – a non-steroidal anti-inflammatory drug (NSAID)

Sulindac is a non-steroidal anti-inflammatory drug (also known as an NSAID).

Tell your doctor if you have ever had an allergic reaction to any other anti-inflammatory medicines.

Take the tablets after a meal or with a snack.

About sulindac

Type of medicine	Non-steroidal anti-inflammatory drug (NSAID)
Used for	Pain and inflammation in rheumatic disease and other muscle and joint conditions
Available as	Tablets

Anti-inflammatory painkillers like sulindac are sometimes called non-steroidal anti-inflammatory drugs (NSAIDs), or just 'anti-inflammatories'. Sulindac eases pain and reduces inflammation in rheumatic disease and other conditions where there is pain and [swelling in the muscles or joints](#), such as [gout](#).

Sulindac works by blocking the effect of chemicals called cyclo-oxygenase (COX) enzymes. These enzymes help to make other chemicals in the body, called prostaglandins. Some prostaglandins are produced at sites of injury or damage, and cause pain and inflammation. By blocking the effect of COX enzymes, fewer prostaglandins are produced, which means pain and inflammation are eased.

Before taking sulindac

Some medicines are not suitable for people with certain conditions, and sometimes a medicine may only be used if extra care is taken. For these reasons, before you start taking sulindac, it is important that your doctor or pharmacist knows:

- If you have asthma or any other allergic disorder.
- If you have ever had a stomach or duodenal ulcer, or if you have an inflammatory bowel disorder such as Crohn's disease or ulcerative colitis.
- If you are pregnant, trying for a baby or breastfeeding.
- If you are under 18 or over 65 years of age.
- If you have liver or kidney problems.
- If you have ever had kidney stones.
- If you have a heart condition, or a problem with your blood vessels or circulation.
- If you have high blood pressure.
- If you have ever had blood clotting problems.
- If you have high blood sugar or cholesterol levels.
- If you are a smoker
- If you have systemic lupus erythematosus (an inflammatory condition also called lupus, or SLE).
- If you are taking other medicines, including those available to buy without a prescription, as well as herbal and complementary medicines.

- If you have ever had an allergic reaction to any other NSAID (such as aspirin, ibuprofen, diclofenac, and indometacin), or to any other medicine.

How to take sulindac

- Before you start taking sulindac, read the manufacturer's printed information leaflet from inside the pack. The leaflet will give you more information about the tablets and provide a full list of side-effects which you may experience from taking them.
- Take sulindac exactly as your doctor has told you to. The usual dose is 200 mg taken twice a day. Your dose will be on the label of the pack to remind you.
- Swallow the tablets with a drink of water
- Take your doses with a snack or just after eating a meal, and drink plenty of water while you are on sulindac.
- Try to take your doses at the same times each day, as this will help you to remember to take them.
- If you forget to take a dose, take it as soon as you remember. However, if when you remember, it is nearly time for your next dose then leave out the forgotten dose. Do not take two doses together to make up for a missed dose.

Getting the most from your treatment

- Your doctor will try to prescribe you the lowest dose for the shortest time to reduce the risk of side-effects. Your doctor may also want to prescribe another medicine along with it to protect your stomach from irritation.
- If you are taking sulindac for gout and your symptoms have not improved within seven days, you should let your doctor know about this.
- Try to keep your regular appointments with your doctor. This is so your doctor can check on your progress.

- Some people taking sulindac have noticed that the colour of their urine changes slightly. If this happens to you, it is nothing you need to be concerned about.
- If you have asthma, symptoms such as wheeze or breathlessness can be made worse by anti-inflammatories such as sulindac. If this happens to you, you should stop taking the tablets and see your doctor as soon as possible.
- If you buy any medicines, check with a pharmacist that they are safe to take with an anti-inflammatory like sulindac.
- If you are having an operation or dental treatment, tell the person carrying out the treatment which medicines you are taking.

Can sulindac cause problems?

Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. These usually improve as your body adjusts to the new medicine, but speak with your doctor or pharmacist if any of the following side-effects continue or become troublesome.

Common sulindac side-effects	What can I do if I experience this?
Feeling sick (nausea) or being sick (vomiting), diarrhoea	Stick to simple foods. Drink plenty of liquid to replace any lost fluids
Indigestion, heartburn, tummy (abdominal) discomfort	Remember to take the tablets after a meal if you are not already doing so. If the discomfort continues, speak with your doctor
Other less common side-effects: headache, feeling dizzy or sleepy, nervousness, mood changes, difficulty sleeping, a spinning sensation (called vertigo), and ringing noises (called tinnitus)	If any of these become troublesome, speak with your doctor

Important: if you experience any of the following uncommon but possibly serious symptoms, stop taking sulindac and contact your doctor for advice straightaway:

- If you have any breathing difficulties such as wheeze or breathlessness.
- If you have any signs of an allergic reaction such as swelling around your mouth or face, or an itchy skin rash.
- If you pass blood or black stools, bring up (vomit) blood or have abdominal pains.

If you experience any other symptoms which you think may be due to this medicine, speak with your doctor or pharmacist.

How to store sulindac

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital at once. Take the container with you, even if it is empty.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

Never keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

If you experience side effects, you can report them online through the [Yellow Card website](#).

Further reading

- [Manufacturer's PIL, Sulindac 100 mg and 200 mg tablets](#); Mylan Products Ltd, The electronic Medicines Compendium. Dated September 2014.
- [Medicines Complete BNF 88th Edition](#); British Medical Association and Royal Pharmaceutical Society of Great Britain, London.

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