

DRUGS THAT CAN DAMAGE THE POUCH:

Advil	Alka Seltzer	Motrin
Aleve	Clinorial	Nalfon
Amigesic	Darvon compounds	Naprosyn
Anacin	Disalcid	Nayer
Anaprox	Dolobid	Orudis
Ansald	Erythromycin	Oruval
Anthra-G	Equagesic	Pamprin-IB
Arthropan	Feldene	Percodan
Ascriptin	Fiorinal	Ponstel
Aspirin	Ibuprofen	Rexolate
Asproject	Indocin	Tandearil
Azolid	Ketoprofen	Tetracycline
	Lodine	Tolecin
Bufferin	Meclomen	Uracel
Butazolidin	Midol	Voltaren

ALL NSAIDS are also included in the above list. (See below.)

Dr. Chiasson will be using Cox-2 Inhibitors for those needing them: Celebrex

Also OK is 81 mg daily of enteric coated aspirin if prescribed by your PCP

DRUGS THAT ARE CONSIDERED SAFE:

Do not take time-released capsules – we do not process properly.

Some meds need to be adjusted after WLS – check with your PCP (you may need to take them in smaller dosages, multiple ti-es throughout the day). Check with pharmacist before splitting tablets or opening capsules.

Benadryl	Glycerin Suppositories	Safetussin
Colace	Imodium AD	Sudafed
Dimetapp	Milk of Magnesia	Triaminics (all)
Dulcolax Suppositories	Peri-Colace	Tylenol
Fleet Enema	Phazyme	Tylenol Cold Products
Gas-X	Robitussin	Tylenol Extra Strength

Everyone needs to understand the reason NSAIDS are dangerous for us. Contrary to popular belief, it is not just that they are "pouch burners" as the industry wants us to believe. It goes much deeper than that. According to an article published in the June 1999 New England Journal of Medicine, NSAIDS, once absorbed into the blood stream cause a chain of chemical reactions that affect the prostaglandins and this in turn reduces the production of mucus in the GI system. The mucus is what lines our GI system and protects our pouch and intestines from damage.

If the mucus production is reduced, this would allow ANYTHING, including eating something with too sharp of an edge or food that are too spicy, to inadvertently begin a marginal ulcer. The best answer is to avoid NSAIDS at all costs. Taking an H2 receptor drug, such as Prilosec, Prevacid or Nexium is only a bandaid and no guarantee it will protect you.

If you are desperate to try an NSAID, I would recommend Arthrotec since it has a prostaglandin compound in it that tries to prevent the chemical reaction mentioned above, but you are still at risk for marginal ulcers anytime you take an anti-inflammatory.

*By Michele Van Hook-Troesch, RN and reviewed by Dr. Chiasson