Generic Motrin (Ibuprofen)

Product Overview

Generic Motrin contains ibuprofen at strengths designed for treating arthritis. Taken regularly at higher doses, ibuprofen does more than relieve pain. It acts as a true anti-inflammatory, reducing swelling of the joint lining, warmth and morning stiffness in rheumatoid arthritis and osteoarthritis. It is also used for bursitis, tendonitis, frozen shoulder, back pain and sprains. Because ibuprofen is short-acting, arthritis doses are usually spread over three or four times a day to keep relief steady. The 200 mg, 400 mg and 600 mg strengths make it easy to match the dose to how active the arthritis is. Each strength comes in packs of 30, 60 and 90.

Why the Dose Changes What Ibuprofen Does

Ibuprofen's effect depends on how much is taken. At low doses, such as a single 200 mg pill, it is mainly a painkiller. At higher doses taken regularly through the day, its anti-inflammatory effect becomes much stronger. That is the effect that matters in arthritis, where the problem is not only pain but swelling of the joint lining, warmth and stiffness.

It works by blocking COX-1 and COX-2, the enzymes that make prostaglandins. In an arthritic joint, prostaglandins keep the synovial membrane inflamed and the nerves sensitised. Reduce them, and the joint becomes less swollen and easier to move.

Ibuprofen is short-acting, with a half-life of about two hours. To keep the anti-inflammatory effect steady, arthritis doses are usually spread across the day, three or four times.

Conditions It Is Used For

Generic Motrin is used for the signs and symptoms of rheumatoid arthritis and osteoarthritis, and for juvenile idiopathic arthritis at weight-based doses. It is also used for soft-tissue problems such as bursitis, tendonitis and frozen shoulder, for back pain, sprains and strains, for period pain, and for mild to moderate pain from other causes.

Building an Arthritis Regimen

This product is supplied as 200 mg, 400 mg and 600 mg pills, each in packs of 30, 60 and 90. For osteoarthritis and rheumatoid arthritis, the usual total is 1,200 mg to 3,200 mg a day, split into three or four doses. The upper limit is 3,200 mg a day.

The choice of strength usually follows from the total dose. Someone with mild symptoms, or an older patient, may do well on lower amounts using the 200 mg or 400 mg pills. During a period of active inflammation, the 600 mg strength makes it possible to reach a higher dose with fewer pills. When symptoms settle, the dose is often stepped down to the lowest amount that keeps them under control.

Every dose is taken with food or milk and a full glass of water.

Side Effects

At low doses, side effects are uncommon. With regular high-dose use they become more likely, and they include heartburn, indigestion, nausea, stomach pain, bloating, diarrhoea or constipation, dizziness, headache, nervousness, fluid retention, a rise in blood pressure, and rash or itching.

Signs of bleeding from the gut, chest pain, shortness of breath, sudden weakness or confusion, passing much less urine, rapid weight gain from fluid, yellowing of the skin or eyes, and any severe allergic or skin reaction are serious effects that require prompt medical attention.

Staying Safe on Long-Term Treatment

Arthritis treatment often runs for months or years, so periodic monitoring is standard. This may include checks of blood pressure, kidney and liver function and blood count. Long-term NSAID use raises the risk of heart attack, stroke and stomach complications, and a stomach-protecting medicine, such as a proton pump inhibitor, is sometimes taken alongside ibuprofen.

Generic Motrin is not suitable for people who have had an allergic reaction to ibuprofen, aspirin or another NSAID; who have an active stomach ulcer, or a history of repeated ulcers or bleeding; who have severe heart failure, liver disease or kidney disease; who are in the last three months of pregnancy; or who are having heart bypass surgery.

Asthma, lupus, Crohn's disease, ulcerative colitis, high blood pressure, heart disease and age over 65 all increase individual risk and call for extra caution.

Other Medicines

Ibuprofen can interact with blood thinners and antiplatelet medicines, steroid tablets, SSRI antidepressants, lithium, methotrexate, ciclosporin, tacrolimus, water tablets and blood pressure medicines. It can also weaken the heart-protecting effect of low-dose aspirin. Other painkillers or cold remedies containing ibuprofen or another NSAID are avoided while taking it.

Practical Points for Arthritis Patients

Spacing doses evenly through the day gives steadier relief than taking them close together. A dose with breakfast often helps with morning stiffness. Many people find that combining

ibuprofen with regular gentle exercise, such as walking, swimming or cycling, gives better results than medicine alone, because movement keeps joints flexible and muscles strong.

Frequently Asked Questions

Is Generic Motrin different from Generic Ibuprofen? The active ingredient is the same. This page focuses on its use in arthritis at regular, higher doses.

How soon does the anti-inflammatory effect appear? Pain relief is felt within an hour, but the full anti-inflammatory effect builds over one to two weeks of regular use.

Storage

The pills are stored below 25°C in the original container, away from damp, and out of the reach of children.

Product Details

- **Brand reference:** Motrin
- **Active ingredient:** Ibuprofen
- **Strengths:** 200 mg, 400 mg and 600 mg
- **Pack sizes:** 30, 60 and 90