

# iMedix: Your Personal Health Advisor.

## Generic Ponstel (Mefenamic acid)

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In this article you will find out what Ponstel is. It contains data about dosages, contraindications and conditions in which it has to be used.

- **ActiveIngredient:**
  - **DosageForm:**
  - **Dosage:**
  - **Indications:**
  - **Manufacturer:**
  - **Storage:**
  - **Market Price:**
  - **Drug Status:**
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### Description

General information Pain is a natural reaction of the body to any pathological processes occurring in it. It is not necessary to suffer from pain. Therefore, along with the prescribed treatment courses, doctors often prescribe painkillers, which simultaneously relieve inflammatory processes. Such agents belong to the NSAIDs (nonsteroidal anti-inflammatory drugs) group. Non-steroid – means non-hormonal. Generic ponstel (Mefenamic acid) is exactly the agent of this non-steroidal anti-inflammatory group. The mechanism of action is aimed at the suppression of the inflammatory mediators' synthesis, reduce vascular permeability, and affect the activity of biocatalysts involved in the inflammatory response. It helps to enhance cell resistance, stimulate wound healing and the formation of interferon. It has not only anti-inflammatory action, but also febrifuge as well as analgesic properties. Due to the pronounced febrifuge, pain-killing and anti-inflammatory effects, it is successfully used in many pathological conditions. Special immunostimulating features and a favorable safety profile make it the medication of choice for ARVI treatment. The antipyretic properties of Mefenamic acid are associated with its inhibiting ability aimed at the prostaglandins synthesis and in parallel affect the thermoregulation center in the human's brain. Immunomodulatory properties of the discussed medication have been widely studied starting from the 1980s and are being studied to date. Unlike most other NSAIDs, this medication stimulates the production of interferon – an antiviral factor of a protein nature. In addition, this agent helps to enhance the functional activity of T-lymphocytes, including the normalization of the ratio of CD4 cells (T-helpers) and CD8 (T-suppressors). This pharmaceutical product is prescribed in case of such conditions as acute rheumatism, nonspecific infectious polyarthritis, ankylosing spondylitis, arthralgia, myalgia, neuralgia, headache, toothache, fever, infectious-allergic myocarditis, dysmenorrhea, premenstrual syndrome, colds as well as fevers, flu, periodontal diseases. In addition, Generic ponstel is prescribed for the purpose of amelioration of menstrual pains. Moreover, it is believed that the discussed agent can cure Alzheimer's Disease. How long does it take for this medicine to take effect? The onset of action for mefenamic acid typically occurs within 30 minutes to 2 hours after oral ingestion. This rapid onset makes it effective for acute pain relief, such as menstrual cramps or general pain management. How long do the effects of this medicine last? The effects of mefenamic acid can last for approximately 4 to 6 hours, requiring multiple doses throughout the day to manage symptoms effectively. The specific dosing regimen should be determined by a healthcare provider based on the individual's needs and response to treatment. Is it safe to consume alcohol while taking this medicine? Consuming alcohol while taking mefenamic acid is not recommended. Alcohol can increase the risk of gastrointestinal bleeding, ulcers, and

stomach or intestinal perforation associated with NSAIDs. Patients are generally advised to minimize or avoid alcohol to reduce the risk of adverse gastrointestinal events. Is this a habit forming medicine? Mefenamic acid is not considered habit-forming and does not have the potential for abuse or psychological dependence. It is used for its anti-inflammatory and analgesic effects rather than any euphoric effects. Can this medicine be taken during pregnancy? Mefenamic acid is classified as FDA Pregnancy Category C during the first two trimesters of pregnancy and Category D during the third trimester. It may cause adverse effects to the fetus, especially when used in the third trimester, such as premature closure of the ductus arteriosus. Mefenamic acid should only be used during pregnancy if the potential benefit justifies the potential risk to the fetus, and it is generally avoided during the third trimester. Can this medicine be taken while breast-feeding? Mefenamic acid is excreted in breast milk in small amounts. While there are limited data on the effects of mefenamic acid on a nursing infant, the potential for serious adverse reactions in nursing infants from NSAIDs exists. A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother's health. Precautions Generic ponstel, which is useful for different age categories, has of course some contraindications, which include such conditions as hypersensitivity to the components included into the drug. In addition, the medication should never be administered in case of the past history of such diagnoses as bronchial spasm, Quincke's oedema, rhinitis, bronchial asthma or nettle-rash that occurred after using acetylsalicylic acid or other NSAIDs. The simultaneous intake of specific inhibitors of COX-2 should also be avoided. The medication should never be used in case of diagnosed gastric ulcer and duodenal ulcer, including inflammatory bowel disease in anamnesis, diseases of the blood-forming organs, severe heart insufficiency, severe liver or kidneys disorders, gastroenterorrhagia or trespis caused by taking the discussed medication. With great caution this drug should be given to patients diagnosed with acute cardiovascular insufficiency, hypertension, coronary heart disease. Also it has to be recommended with great caution to individuals suffering from epilepsy. Those individuals who are diagnosed with exanthematous lupus erythematosus and mixed CTD are under a serious risk of viral meningitis development. Use of this product may result in impaired female capability of reproduction and is not advised to those women who are trying to get pregnant as this may prevent the pregnancy. In case of lack of a therapeutic effect when used against dysmenorrhea and menorrhagia it is necessary to consult a doctor. The treatment is restricted to be used in children under 5 years, and in pregnant and lactating females. Furthermore, care should be taken when driving vehicles or working with mechanisms requiring increased attention, as sometimes use of a agent can cause drowsiness, blurred vision, and convulsions.

**Mefenamic Acid Dosage** The impact of any medicine will be more effective if you use it according to the instructions or recommendations given by the attending physician. This medication dosage depends on the individual's age. There are two tablets forms – 250 mg and 500 mg. Adults and children over 12 years old are prescribed 250-500mg 3-4 times a day. If there are no side effects, and there is a need, it can be increased to 3000 mg or 6 tablets of 500 mg. In case of visible improvements, the dosage is reduced to 1000 mg. Children from 5 to 12 years old are supposed to take a dosage of 250 mg 3-4 times a day. However, it should be remembered that this medication, as well all other, should be used under the supervision of a physician, who determines the amount, schedule and duration of treatment.

**How to take Mefenamic Acid?** It is important to know that, there is a specific rule to use this agent, i.e. it has to be taken in the correct way. This is because it, like most drugs, has its own characteristics. The use of Mefenamic acid is allowed only after a meal in order to minimize the possible negative effects on the digestive organs. The second important condition is that this medication should be washed down not with water, but with milk. This applies to precautions – the stomach, especially in children and sensitive people, is better tolerated to treatment. If the patient does not drink milk or has an intolerance to this product, then you can replace it with water.

Mefenamic acid for children of 5-10 years old is prescribed in a single dose of 250 mg, and for children over 10 years old – 300 mg, the doses rate for these age groups is 3-4 times a day. Usually the course of treatment with this product amounts to 20-45 days, but if necessary, it can be extended up to 2 months or more.

Mefenamic acid can be used topically in the form of a 1% paste or a 0.1-0.2% solution. Paste is recommended to apply into the periodontal pockets in 1-2 days (6-8 sessions), and using an aqueous solution should be applied 1-2 times a day for ulcerative lesions of the oral mucosa.

**Mefenamic Acid Side-effects** In addition to contraindications, this highly effective medication has some side reactions. Before using the pills, you should familiarize with this list in order to be fully prepared, especially if the medicine is taken for the first time: indigestion – bloating, nausea, belching; ache in the pit of the stomach; indigestion; high pressure,

edema, tachycardia, arrhythmia; bronchospasm as well as shortness of breath; anemia, and other abnormalities in the blood picture; kidney inflammation, hematuria, disorders of the urinary system; sleep disturbance and irritation; all sorts of skin eruptions, including urticaria. Overdose In case of exceeding the specified dosage, there can be manifestation of such symptoms as: pain in epigastric region, sickness, vomiting as well as drowsiness. In severe cases there can be manifestations of gastrointestinal bleeding, respiratory depression, hypertension, twitching of certain muscle groups, and even coma. Until now there is no any specific antidote. It is recommended to perform gastric lavage using activated carbon suspension. Also it can be performed alkalization of urine and forced diuresis. As in every other case of overdose it is recommended to perform symptomatic therapy. Hemosorption and hemodialysis are ineffective due of the ability of Mefenamic acid to bind with the blood proteins. Interactions Such NSAIDs as salicylates and metamizole sodium increase the antiphlogistic action. Thiamine, pyridoxine, barbiturates, phenothiazine derivatives, narcotic analgesics, caffeine, phenacetin, diphenhydramine potentiate analgesia. Mefenamic acid prolongs prothrombin period and increases the oral anticoagulants effectiveness. In addition, it is known that myelotoxic agents increase the discussed agnet hematotoxicity manifestations. In case of simultaneous administration of this pill and methotrexate, the toxic effect of the latter is enhanced. When this agent is simultaneously used with warfarin there is a risk of gastrointestinal bleeding. Painkillers, to which Generic ponstel belongs, are not recommended to be combined with each other. Taking two or three analgesics at the same time will not enhance the analgesic effect, but will dramatically increase the risk of stomach ulcer development, including even ulcerative bleeding. It should be stated that care must be taken when using Generic ponstel in individuals treating with drugs which can enhance the bleeding risk, namely corticosteroids, anticoagulants and aspirin. Alcohol interaction There is not a single medicine that doctors would advise to use with alcohol. Given the fact that using nonsteroidal anti-inflammatory agents, which include Generic ponstel, quite often can result in gastrointestinal tract disruptions, in particular to gastric ulcer and duodenal ulcer, combining them with alcohol is strictly restricted. Ethanol in the composition of alcoholic beverages burns and erodes the mucous membrane of the gaster – and this is well-known fact. It is also well-known that nonsteroidal anti-inflammatory drugs inhibit the production of protective mucus. Their combination greatly increases the gastrointestinal bleeding risk. Erosion or even ulcer in this case develops in each person, and the risk of internal bleeding is observed in 50-70% of cases. Moreover, various groups of NSAIDs, reacting with alcohol, can result in other health disorders. Mefenamic Acid Reviews Sally: I have been using Generic ponstel, containing Mefenamic acid, when I had fevers. This medication works very well if you take it as soon as the first signs of flu appear, namely, cracking, malaise and headache. Dorothy: When my child (9 years old) had a fever above 38, the doctor suggested giving him Generic ponstel (Mefenamic acid). The drug acted in 15-20 minutes. The child felt relieved and fell asleep. Now I always have this drug in my first-aid kit. Sabina: Sometimes ago my husband got radicular pain. He could not move because of severe pain. We were recommended to use this product and we liked the result.

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## Side Effects

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## Uses

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## **Interactions**

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## **Other Details**

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