

Education

Flu-like symptoms are one of the most common side effects of many injectable medications used to treat multiple sclerosis (MS). These symptoms tend to be worse at the beginning of treatment and generally decrease in severity when your body adjusts to the new therapy. These symptoms are usually mild and many patients are not bothered in their everyday activities. Flu-like symptoms include fever, headache, fatigue, chills, and a general feeling of discomfort.

Management

- Injecting the medication before bedtime may decrease flu-like symptoms because this allows you to sleep through many of the symptoms.
 - Symptoms usually start a few hours after the injection.
- Stay well hydrated. Not having enough fluids can worsen flu-like symptoms.
- If you still experience bothersome symptoms, the use of over-the-counter pain medications before and after the injection may help to control symptoms.
- To control symptoms of fatigue or tiredness, the following non-drug therapies may be helpful:
 - Getting adequate amounts of sleep
 - Ingesting cool liquids and foods rather than hot liquids and foods
 - Keeping room temperatures cooler than normal but still comfortable
 - Use of cool-packs directly on sore areas of the body
 - Use of fans or air conditioners

Treatment Options

- Over-the-counter pain medications such as acetaminophen (Tylenol®), ibuprofen (Motrin® or Advil®), or naproxen (Aleve®) are helpful in the relief of flu-like symptoms caused by the injectable medications. These medications can be taken before and after the injection. It is important not to start medications without talking to your doctor or pharmacist first for directions and to assure they are safe for you to use.

For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.