

Contact Us Toll Free at 1.866.208.3430

Flu-Like Symptoms

Education

Flu-like symptoms are one of the most common side effects of injectable medications used to treat Multiple Sclerosis. These symptoms are worse when you first start using the medication and generally decrease in severity when your body becomes use to treatment. These symptoms are usually mild and many patients are not bothered in their everyday activities. Flu-like symptoms include fever, headache, malaise, fatigue and chills.

Helpful Tips

- Injecting the medication before bedtime may decrease the flu-like symptoms you are experiencing because this allows you to sleep through many of the symptoms.
 - Symptoms usually start a few hours after the injection.
- If you still experience bothersome symptoms, the use of over-the-counter pain medications before the injection and after the injection to control symptoms is recommended.
- Also, 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 analgesics such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) are helpful in the relief of flu-like symptoms caused by the injectable medications. It is important not to start medications without talking to your doctor or pharmacist first for directions to use.
- These medications can be taken before the injection and after the injection to control and relieve flu-like symptoms.

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.

References:

1. Frohman E, Phillips T, Kokel K, Pelt JV, O'Leary S, Gross S et al. Disease-modifying therapy in multiple sclerosis: strategies for optimizing management. *The Neurologist*. 2002; 2:227-236.
2. Crayton H, Heyman RA, Rossman HS. A multimodal approach to managing the symptoms of multiple sclerosis. *Neurology* 2004; 63 (suppl 5): S12-S18.