

**No evidence of benefits from oral NSAIDs for fibromyalgia****Clinical Question**

How effective are oral nonsteroidal anti-inflammatory drugs (NSAIDs) for fibromyalgia in adults?

**Bottom Line**

There was no evidence that NSAIDs had any efficacy in relieving pain or other symptoms in people with fibromyalgia. Pain reduction by half or better was experienced by 1 in 10 with NSAID and 2 in 10 with placebo. Pain reduction by a third or better was experienced by about 2 in 10 with both NSAID and placebo. There was limited evidence to indicate that NSAIDs were without any effect. Side effects were experienced by three in 10 with NSAIDs and two in 10 with placebo. There were no serious adverse effects or deaths. NSAIDs tested were etoricoxib 90 mg daily, ibuprofen 2400 mg daily, naproxen 1000 mg daily, and tenoxicam 20 mg daily. The duration of treatment in the double-blind phase varied between three and eight weeks.

**Caveat**

There were only a small number of studies, and these were largely inadequate with potential risk of bias.

**Context**

Fibromyalgia is characterised by persistent, widespread pain, sleep problems, and fatigue. NSAIDs are frequently used to treat rheumatic diseases.

**Cochrane Systematic Review**

[Derry S et al. Oral nonsteroidal anti-inflammatory drugs for fibromyalgia in adults. Cochrane Reviews, 2017, Issue 3. Art. No.: CD012332.DOI: 10.1002/14651858. CD012332.pub2.](#) This review contains six studies involving 292 participants.

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# PEARLS

Practical Evidence About Real Life Situations

PEARLS summarise Cochrane reviews that are relevant to primary care. They contain the minimal information required for a clinician to either use an effective treatment or stop using an ineffective treatment. Where available they will contain numbers needed to treat and to harm.

PEARLS are created to assist with the dissemination of Cochrane reviews.

PEARLS are developed for trained health professionals in primary care. They are educational only and not meant to advise on specific clinical treatment.

We have started with the new reviews and will work our way back through the library.

PEARLS are developed by the Department of General Practice, University of Auckland, the Co-convenors of the Cochrane Primary Care Field New Zealand Branch of the Australasian Cochrane Centre and funded by the New Zealand Ministry of Health. **Brian McAvoy is an Honorary/Adjunct Professor of General Practice at the Universities of Auckland, Melbourne, Monash and Queensland.**