

About Fibro Fact Sheets

Information on Fibromyalgia Syndrome Fact Sheet 8

How Is Fibro Treated?

Medications—general advice.

Most people with moderate or severe Fibro require medications at some point to help get the condition under control or keep it under control.

It is good to remember that there is no one medication that can treat everyone with Fibro. Everyone responds differently to different medications and people with Fibro often experience issues with the side effects of medications.

However, just because one medication doesn't work for a certain person with Fibro, it doesn't mean that they either don't have Fibro or that no medication will work for them.

It can take time and trial and error to find the right medication or combination of medications to help manage any one person's Fibro and it can be easy to get discouraged. However, issues such as side effects can often be overcome - it is common for medications to have initial side effects that ease after a few weeks for example and sometimes a change in dose, how/when you take the medications and possibly other medications to control side effects can be helpful - and effective medications can then be used without problematic long-term side effects. "Start low, go slow" is the advice often given by experts and although this can lengthen the time it takes to reach a properly therapeutic dose, it can be helpful in managing side effects with a sensitive Fibro system.

It should be remembered however, that there is no "magic pill" for Fibro and that effective medications often need to be used as part of a multidisciplinary (and often multi-medication) treatment program that will require work by the patient as well as their healthcare team.



Here are a few online resources for further information on medications:

- [NHS Choices Guide to Fibro](#), which was updated following FibroAction's input during summer 2008. It includes a list of medicine guides for some medications that are used in the treatment of Fibro and may be of particular use for UK patients to discuss with their GPs.
Go to www.nhs.uk and search for 'Fibromyalgia'.
- [RxList](#), the Internet Drug Index. This is an American resource and some brand names may be unfamiliar to UK users. However, it contains more in-depth information on medications (including rare side effects) than other resources.
Go to www.rxlist.com
- [Drug Information on PatientUK](#), a UK based resource.
Go to www.patient.co.uk and select the drugs information section.
- [The British National Formulary \(BNF\)](#), the resource on medications used by UK doctors. Registration is required, but it can be helpful to see the same information a UK GP would.
Go to www.bnf.org/bnf/

References available online at: <http://www.fibroaction.org/Pages/About-Fibro-References.aspx>

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