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2. Omega-3

# Omega-3

**Generic name:** [omega-3 polyunsaturated fatty acids](#) [ oh-MAY-ga-3 POL-ee-un-SAT-yoo-ray-ted-FAT-ee-AS-ids ]

**Brand names:** [Animi-3 with Vitamin D](#), [BP Vit 3](#), [Cardio Omega Benefits](#), [Dry Eye Omega Benefits](#), [EPA Fish Oil](#), ... [show all 50 brands](#)

**Drug class:** [Nutraceutical products](#)



[Medically reviewed](#) by Drugs.com on Jul 19, 2023. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#) [FAQ](#)

## What is Omega-3?

Certain prescription Omega-3 are used in adults, together with diet to help lower triglyceride levels in the blood.

Omega-3 may also be used in combination with other vitamins in adults and children as a dietary supplement.

Omega-3 may also be used for purposes not listed in this medication guide.

## Omega-3 side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

**Omega-3 may cause serious side effects. Call your doctor at once if you have:**

- chest pain; or
- uneven heartbeats.

**Common side effects of Omega-3 may include:**

- burping, changes in your sense of taste;
- loss of appetite;
- diarrhea, [constipation](#), [upset stomach](#);
- [back pain](#); or
- dry mouth.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



[Omega-3 side effects](#) (more detail)

## Related/similar drugs

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Dextrose information from Drugs.com

. Includes Dextrose side effects, interactions and indications.

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## Warnings

Use only as directed and follow all directions on the label and package. Tell each of your healthcare providers if you use other medicines or have other medical conditions or allergies.

## Before taking this medicine

You should not use Omega-3 if you are allergic to Omega-3, soy, fish or shellfish.

Ask your doctor or pharmacist before taking Omega-3 if you have any health problems.

Tell your doctor if you have or have ever had:

- diabetes;
- bleeding problems, anemia (low red blood cells);
- a heart rhythm disorder;
- a pancreas disorder;
- [underactive thyroid](#); or
- [liver disease](#).

It is not known if Omega-3 will harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant.

Ask a doctor if it is safe to breastfeed while using Omega-3.

Do not give any herbal or health supplement to a child without medical advice.

## How should I take Omega-3?

Follow all directions on your prescription label and read all medication guides or instruction sheets. Use the medicine exactly as directed. Do not use more of this product than is recommended on the label.

The recommended daily dose of [omega-3 polyunsaturated fatty acids](#) changes with age. Follow your healthcare provider's instructions. You may also consult the Office of Dietary Supplements of the NIH, or the USDA Nutrient Database of recommended daily allowances for more information.

**Over the counter (OTC) products should not be used to replace medication prescribed for you by your doctor.**

Ask your doctor, pharmacist, or other healthcare provider if it is safe to use this product.

Take with food.

Swallow the capsule whole and do not crush, chew, break, or open it.

You must chew the **chewable tablet** before you swallow it.

Measure **liquid medicine** with the supplied measuring device (not a kitchen spoon).

Your dose needs may change if you switch to a different brand, strength, or form of this medicine. **Avoid medication errors by using exactly as directed on the label, or as prescribed by your doctor.**

Your treatment may also include diet, exercise, weight control, and blood tests.

Tell your doctor if you have a planned surgery.

Store tightly closed at room temperature, away from moisture, heat, and light. Do not freeze.

 [Detailed Omega-3 dosage information](#)

## What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

## What should I avoid while taking Omega-3?

Follow your doctor's instructions about any restrictions on food, beverages, or activity.

Avoid using Omega-3 together with other herbal/health supplements that can also affect blood-clotting. This includes angelica ([dong quai](#)), capsicum, clove, [dandelion](#), danshen, [evening primrose](#), garlic, ginger, ginkgo, [horse chestnut](#), Panax ginseng, poplar, red clover, [saw palmetto](#), turmeric, and willow.

## What other drugs will affect Omega-3?

Do not take Omega-3 without medical advice if you are using any of the following medications:

- **medicine used to prevent blood clots**--[alteplase](#), [clopidogrel](#), [dipyridamole](#), [ticlopidine](#), and others; or
- **a blood thinner**--warfarin, Coumadin, Jantoven, apixaban, [rivaroxaban](#), [dabigatran](#).

This list is not complete. Other drugs may affect Omega-3, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Not all possible [drug interactions](#) are listed here.

 [Omega-3 drug interactions](#) (more detail)

## Does Omega-3 interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Omega-3

+

Enter a drug name

Add

## Popular FAQ

Lovaza vs. Vascepa - What's the difference between them?



## More FAQ

- [Krill Oil vs Fish Oil - What's the difference between them?](#)

## More about Omega-3 (omega-3 polyunsaturated fatty acids)

- [Check interactions](#)
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- [Reviews \(1\)](#)
- [Side effects](#)
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- [Drug class: nutraceutical products](#)
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## Patient resources

### Other brands

[Fish Oil](#), [Lovaza](#), [Omega-3 Fish Oil](#), [OmegaXL](#), ... +49 more

## Professional resources

### Other brands

[Lovaza](#), [Omega-3-Acid Ethyl Esters](#), [Omacor](#), [Animi-3](#), ... +3 more

## Related treatment guides

- [Dietary Supplementation](#)

## Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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## Guide to Weight Loss Drugs

Find out everything you need to know about weight loss drugs in our prescription [weight loss drug guide](#).

### DRUG STATUS

#### Availability

OTC Over the counter

#### Pregnancy & Lactation

 Risk data available

#### CSA Schedule\*

N/A Not a controlled drug



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