

IBUPROFEN

Non-Steroidal Anti-Inflammatory

Indications

- Mild to moderate pain
- Fevers
- Inflammation/inflammatory disease
- Rheumatoid disorders

Nursing Implications

- OTC
- PO, IV, topical gel,
- Consume with food or milk
- Monitor kidney function
- Avoid if dehydrated

Action

Non-selective, reversible inhibition of the COX-1 & COX-2 enzymes. COX-1 and COX-2 cause prostaglandin synthesis - ibuprofen inhibits this. Inhibition of COX-1 can cause renal impairment, gastric bleeds/ulcers, ↓ platelet production. COX-2 inhibition causes: ↓ inflammation, ↓ pain, ↓ fever.

Contraindications

- Hx of allergic rxn (to any NSAID)
- Active GI bleed or ulcer
- Caution with kidney damage, dehydration, hepatic disease, pregnancy

Top Side Effects

CV: Hypertension

GI: Gastritis, ulcers, bleeding

GU: Kidney failure/damage

Immune: Allergic/hypersensitivity

Patient Education

- Do not take OTC for more than 10 days for pain or 3 for fever
- Take with full glass of water
- Do not drink alcohol while on it
- Stop if signs of reaction or adverse effect

Top Tested

Take with full glass of water and with food, side effects, when to avoid the med, monitor CRE (kidney function), how to know it is effective (i.e. pain or fever improved)