

# NSAIDs

## Non-Steroidal Anti-Inflammatory Drug(s)

This is one of the most commonly used classes of drugs in the world. They are generally effective for pain and inflammation, but can have numerous side effects and complications that may require further medical attention.

Generic Name	Trade Name	Tablet Size
Ibuprofen*	Advil, Motrin	200, 600, 800mg
Naproxen*	Aleve, Midol, Naprosyn	200, 220mg
Nabumetone	Relafen	500, 750mg
Meloxicam	Mobic	7.5, 15mg
Diclofenac	Cambia, Cataflam, Voltaren	50,75, 100 mg
Ketorolac	Toradol	I.V. formulation
Etodolac	-	200-600mg
Sulindac	Clinoril	150, 200mg
Indomethacin	Indocin	25, 50, 75 mg
Celecoxib	Celebrex	50-400mg
Salsalate	-	500, 750mg

\*Available over the counter without a prescription.

We STRONGLY recommend that you NOT take **NSAIDs** if you have chronic kidney disease (CKD), high blood pressure (hypertension), fluid retention (edema), or a condition requiring blood thinners such as: aspirin, Plavix, and/or warfarin (Coumadin).

### SPECIAL CASES:

**Aspirin**—May be prescribed or recommended as 81mg or 325mg daily for prevention of heart attack and stroke by your other physicians.

- These doses are generally thought to have minimal side effects and not adversely affect your kidney function.
- Taking doses higher than this for headaches or pain relief will have the same risks as other **NSAIDs**.

**Acetaminophen (Tylenol)**— Generally safe for use with other blood thinners, and does not affect kidney function.

- Can cause liver toxicity in doses exceeding a total of 4,000mg in 24 hours.
- Used as a component of other narcotic pain medications (e.g, Vicodin, Percocet), which will count toward the daily total dose.

# Toxicities of NSAIDs:

## Kidney:

- Decreased or worsening of kidney function, especially if you have underlying CKD
- Can lead to high potassium levels, which are dangerous for your heart
- Fluid retention (swelling)
- Diuretic medication resistance

## Blood pressure/cardiovascular:

- Raises blood pressure
- Negates the action of some blood-pressure-lowering drugs

## Gastrointestinal (GI):

- **NSAIDs** are one of the leading causes of ulcers, dyspepsia (upset stomach) and bleeding from the GI tract.

## Ringling in the ears (tinnitus):

- Usually with high doses of aspirin
- Can happen with other **NSAIDs**
- Usually resolves when the **NSAIDs** are stopped or decreased

# NSAIDs interactions with other medications:

## ACE inhibitors (e.g., lisinopril):

- Can lead to kidney injury and failure
- **NSAIDs** negate the beneficial effects of this class of medication

## Aspirin:

- **NSAIDs** negate the cardio protective benefits of this class of medication
- Increased risk of bleeding

## Warfarin:

- Increased risk of bleeding

## SSRI Antidepressants (e.g., Prozac, Zoloft)

- Increased risk of gastrointestinal complications

## Prednisone:

- Increased risk of gastrointestinal complications

## References

UpToDate.com—sections authored by Daniel H Solomon, MD, MPH.

- Non-selective NSAIDs: Overview of Adverse Events
- NSAIDs: Mechanism of Action
- Patient information: Nonsteroidal anti-inflammatory drugs (NSAIDs) (Beyond the Basics)