

<b>Medication:</b> Ibuprofen	<b>PDN:</b> 6959.04	<b>Last Updated:</b> May 5 2024	<b>PMD:</b> Andrew Travers*	<b>PDC:</b> Teena Robinson*	Page 1 of 2
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## IBUPROFEN

### 1.0 Classification

- NSAID

### 2.0 Mechanism of Action

- Peripherally acts as an analgesic, anti-inflammatory and anti-pyretic.

### 3.0 Indications

- Mild to moderate pain associated with:
  - Hip or extremity trauma
  - Musculoskeletal neck or back pain
- Fever above 38° Celsius

### 4.0 Contraindications

- Hypersensitivity to NSAIDs
- Age under 6 months
- Active vomiting and unable to take oral medications
- Stroke or TBI in previous 24 hours
- Major burns
- Peptic ulcer disease or history of GI bleed
- NSAID taken in the past 6 hours
- Patients in 3<sup>rd</sup> trimester of pregnancy
- Renal failure
- Solitary kidney

### 5.0 Precautions

- Administer with extreme caution in patients over 65, screen carefully for the above contraindications that will be prevalent.

### 6.0 Route

- May be given PO

### 7.0 Dosage

#### Adult

- 600 mg PO once (no repeat dose, maximum prehospital dose is 600 mg)

#### Pediatric (6 months and over)

- 10 mg/kg PO once (no repeat dose, maximum prehospital dose is 10 mg/kg)
- For children over 12 years old, use adult dosing.

### 8.0 Supplied

- 600 mg tablets

## 9.0 May Be Given By

- EMR/PCP/ICP/ACP/CCP

## 10.0 Adverse Effects

- Nausea
- Heartburn
- Constipation or diarrhea
- Abdominal pain
- Dizziness

## 11.0 Special Notes

- Consider as second line therapy for management of fever (acetaminophen is the antipyretic of choice in most cases).
- Not appropriate for treatment of hyperthermia with an environmental or toxicological cause.
- Ibuprofen and acetaminophen should be administered together for pain management whenever possible.
- If a pediatric patient can swallow tablets and the appropriate dose is at least 600 mg, ibuprofen tablets can be administered.
- There are approximately 20 NSAID medications. The following lists a few that are commonly purchased over the counter or prescribed:
  - ketorolac
  - celecoxib
  - naproxen
  - indomethacin
  - diclofenac
  - meloxicam
- Pregnancy category B [if there is a clinical need for it, Category B drugs are considered safe to use]; it is a D in third trimester [potential benefits may warrant use of the drug in pregnant women despite potential risks (e.g., if it is required in a life-threatening situation)].

## 12.0 References

- Extremity Trauma Clinical Practice Guideline
- Non-traumatic Extremity Emergencies Clinical Practice Guideline
- Pain Management Clinical Practice Guideline
- Compendium of Pharmaceuticals and Specialties (CPS)

\*Electronically Signed

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