



Drug Therapy Protocols: Ibuprofen

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Date	January, 2020
Purpose	To ensure a consistent procedural approach to ibuprofen administration.
Scope	Applies to all Queensland Ambulance Service (QAS) clinical staff.
Health care setting	Pre-hospital assessment and treatment.
Population	Applies to all ages unless specifically mentioned.
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Drug class

Non-steroidal anti-inflammatory drug (NSAID)

Pharmacology

Ibuprofen is a non-selective NSAID that inhibits the synthesis of prostaglandins resulting in analgesic, antipyretic and anti-inflammatory actions.

Metabolism

Ibuprofen is metabolised by the liver and excreted mainly by the kidneys.

Indications

- **Moderate pain** due to acute inflammation and tissue injury

Contraindications

- Allergy and/or Adverse Drug Reaction
- Current GI bleeding **OR** peptic ulcers
- Dehydration **AND/OR** hypovolaemia
- Renal impairment
- NSAID induced asthma
- Heart failure
- Pregnancy

Contraindications (cont.)

- Angiotension converting enzyme (ACE) inhibitor **OR** Angiotension II receptor blocker (ARBs)
- Patients < 13 **OR** ≥ 65 years
- Patients taking anticoagulant medications
- Diuretic treatment

Precautions

- Asthma
- Hepatic dysfunction
- History of GI bleeding or peptic ulcers

Side effects

- Nausea
- Dyspepsia
- GI bleeding
- Dizziness

Presentation

- Tablet, 200 mg *ibuprofen*

Onset	Duration	Half-life
≈15 mins	4–6 hours	2 hours

Schedule

- S2 (Therapeutic poisons)

Routes of administration

Per oral (PO)



Special notes (cont.)

- Consider previous doses of analgesia by the patient, carer, parent or guardian.
- Administer with or shortly following food/milk.
- For additional pain relief, ibuprofen may be used in conjunction with paracetamol.

Adult dosages

Moderate pain due to acute inflammation and tissue injury



PO

200–400 mg

Must not be administered within 6 hours of previous ibuprofen administration.

Special notes

- Ambulance officers must only administer medications for the listed indications and dosing range. Any consideration for treatment outside the listed scope of practice requires mandatory approval via the QAS Clinical Consult and Advice Line.

Paediatric dosages

Note: QAS officers are **NOT** authorised to administer ibuprofen to paediatric patients.