



Drug Therapy Protocols: Ibuprofen

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Date	July, 2022
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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Author	Clinical Quality & Patient Safety Unit, QAS
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Drug class^[1,2]

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.^[1,2]

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 to any NSAID OR aspirin
- Concurrent NSAID therapy
- Current GI bleeding OR peptic ulcers
- Dehydration AND/OR hypovolaemia
- Renal impairment
- NSAID induced asthma

Contraindications (cont.)

- Heart failure
- Pregnancy
- Angiotensin converting enzyme (ACE) inhibitor OR Angiotensin II receptor blocker (ARB) therapy
- Patients less than 13 years OR older than 65 years of age
- 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

≈15 mins

Duration

4–6 hours

Half-life

2 hours

Schedule

- S2 (Therapeutic poisons)

Routes of administration

Per oral (PO)



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 Consultation and Advice Line*.

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^[1,2]

Moderate pain due to acute inflammation and tissue injury



PO

200–400 mg

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

Paediatric dosages

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