**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.

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

*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.

Ringing 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)