

The Triple Whammy – Safe use of NSAIDs

You have been given this leaflet because you take medicines called ACE inhibitors or angiotensin receptor blockers, as well as medicines called diuretics (see over page for examples).

It is usually safe to take these medicines together. However, if you also take a pain relieving medicine called a non-steroidal anti-inflammatory drug (NSAID) you could harm your kidneys.

NSAIDs are a group of medicines used to treat pain and swelling. Some are available on prescription and others are available to buy from the pharmacy, supermarket and service station.

What is the triple whammy?

The triple whammy is when you take three certain types of medicines together. These are:

1. ACE inhibitor or angiotensin receptor blockers, **and**
2. Diuretics, **and**
3. NSAIDs

The triple whammy could harm your kidneys. This can be serious.

If you need to take all three of these medicines your doctor may order blood tests to monitor your kidneys.

How do I avoid the triple whammy?

Talk with your doctor, practice nurse or pharmacist before choosing medicines for pain relief.

Be aware that medicines sold at pharmacies, supermarkets and service stations can affect your usual medicines from your doctor.

It can be unsafe to take a friend's or family member's medicines.

Where can I find out more information?

Talk to your doctor, practice nurse or pharmacist.

See: www.healthinfo.org.nz

See: www.medsafe.govt.nz

Medicines that can cause the triple whammy when taken together:

Medicine	ACE Inhibitors or Angiotensin receptor blockers	Diuretics	NSAIDs
What are they used for?	Can be used for the heart, blood pressure, and to protect kidneys	Remove extra fluid from the body (water tablets)	Treat pain and inflammation or swelling (anti-inflammatories)
What are they called?	Candesartan Captopril Cilazapril Enalapril Lisinopril Losartan Perindopril Quinapril Trandolapril	Amiloride Amiloride + furosemide Amiloride + hydrochlorothiazide Bendrofluzide Bendroflumethiazide Chlortalidone Furosemide Hydrochlorothiazide Indapamide Metolazone Spironolactone	Aspirin (in high doses used to treat pain) Celecoxib Diclofenac Ibuprofen Ketoprofen Mefenamic acid Meloxicam Naproxen Sulindac Tenoxicam

Please note:

1. Medicines often have other names so may not be listed in this table. Check with your doctor, practice nurse or pharmacist if you are unsure.
2. Some tablets may contain two types of medicine e.g. ACE inhibitor and diuretic.
3. If you are taking the triple whammy combination and become unwell, please see your doctor, practice nurse or pharmacist for advice.

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