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The triple whammy of (ACE/ARB) + (diuretic) + (NSAID) is a dangerous trio

This common combination of medication is considered a dangerous trio and is also known as the triple whammy.¹ There are 4 key points:

1. Avoid this combination if possible.
2. Be aware of the risk factors for renal failure e.g. older patients with CHF or liver disease or volume depletion from vomiting/diarrhoea or low fluid intake on hot days.
3. Take care with older i.e. 75 years patients - check renal function yearly at least.
4. Advise patients not to self-medicate with NSAIDs when prescribing angiotensin converting enzyme receptor/ angiotensin II receptor antagonist (ACE/ARB) and diuretics.²

When volume depletion occurs consider stopping any (prescribed or OTC) NSAIDs and monitor renal function and serum potassium levels.¹

There is also the double whammy i.e. NSAID with either diuretics or ACE/ARB, with the numbers needed to harm for one year 158 versus 300 for triple whammy.³

References:

1. SaferX (2017). [Click here](#)
2. SaferX Patient Information Guide (2016). [Click here](#)

3. Combined use of nonsteroidal anti-inflammatory drugs with diuretics and/or renin–angiotensin system inhibitors in the community increases the risk of acute kidney injury (2015). [Click here](#)
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Type II diabetes in young people. 7.30pm, Tuesday 17 April.

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