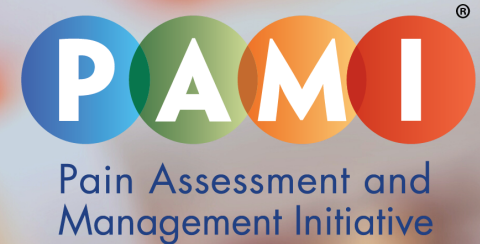


ABOUT OVER-THE-COUNTER (OTC) ORAL MEDICATIONS



There are certain pain medications available for purchase at local stores, pharmacies or online called nonprescription or over-the-counter (OTC) medications. These medications are available as oral and topical forms to help relieve pain and inflammation. Ask your local pharmacist if the cost is covered by your insurance, Medicare, or Medicaid plan.

Oral OTC pain relievers include nonsteroidal anti-inflammatory medications (NSAIDs), acetaminophen, and aspirin. Talk to your healthcare provider prior to taking these medications.

Safety Reminders:

- Read and follow all directions and warnings on the OTC packaging. Do not take more than prescribed.
- Review all active ingredients in the OTC product.
- There are several nonprescription NSAIDs. You should only take one NSAID at a time and only as directed.
- You can take acetaminophen (Tylenol®) and ibuprofen (Motrin®, Advil®) or naproxen (Aleve®) together, if needed.
- Avoid alcohol when taking these medications.
- Avoid taking medications on an empty stomach.
- Keep out of reach of children and pets.

OVER-THE-COUNTER ORAL PAIN MEDICATIONS

A safe guide to understanding OTC oral (pill & liquid) pain medications for adults & adolescents



Updated 1/6/2022



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ACETAMINOPHEN (TYLENOL®)

IBUPROFEN (ADVIL®, MOTRIN®)

NSAID CLASS

NAPROXEN (ALEVE®)

NSAID CLASS

ADULT DOSING

Immediate relief tablets:

• 325-500mg tablet every 4-6 hours as needed. Do not exceed 4000mg in a 24 hour period.

Extended relief tablets :

• 650mg tablet every 8 hours as needed. Do not exceed 4000mg in a 24 hour period.

*Liquid formulations also available

200-600mg tablet every 4-8 hours, as needed.

Do not exceed 2400mg in a 24 hour period.

Use lowest effective dose to avoid side effects.

Liquid: Available as 100mg/5ml oral suspension

220mg tablet every 8-12 hours. May take 2 tablets for first dose only, if needed.

Do not exceed 660mg in a 24 hour period.

WARNINGS

• Follow the dosing directions carefully. Do not take more than prescribed. Liver damage can occur if recommended dosing is exceeded.

• If you have liver disease, do not take this product before discussing with your health care provider.

• Do not use ibuprofen or any aspirin or other NSAID products before discussing with your healthcare provider, especially if:

- o You have stomach ulcers, history of stroke, or conditions involving your stomach, liver, kidneys, or heart.
- o You are taking blood thinners.
- o Do not take NSAIDS after 20 weeks of pregnancy.
- o You have asthma or nasal polyps.

• Do not use naproxen or any aspirin or NSAID products before discussing with your healthcare provider, especially if:

- o You have stomach ulcers, history of stroke, or conditions involving your stomach, liver, kidneys, or heart.
- o Pregnant, or breastfeeding
- o You have asthma

OTHER INFORMATION

• There are many different formulations and combinations of acetaminophen available OTC, including cold medication products. Read labels carefully.

• Verify all active ingredients in each OTC product before taking.

• There are many different formulations and combinations of ibuprofen, naproxen, and aspirin available OTC. Read labels carefully.

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