

# ABOUT OTC ORAL PAIN MEDICATIONS

- Medications available for purchase at local pharmacies and stores without a prescription are called over-the-counter (OTC) medications
- Oral OTC pain medications include nonsteroidal anti-inflammatory medications (NSAIDs) and acetaminophen
- Acetaminophen (Tylenol®) and an NSAID can be taken together, if needed
- Ask your local pharmacist if the cost is covered by your insurance plan
- Talk to your healthcare provider prior to taking these medications

## Warnings:

- Read and follow all directions and warnings on packaging
- Do not take more than prescribed
- Do not take for more than 10 days unless prescribed by your doctor
- Many products have multiple active ingredients. Review medication packaging for all active ingredients
- There are several nonprescription NSAIDs; only take one NSAID at a time and only as directed
- Avoid alcohol when taking these medications
- Avoid taking medications on an empty stomach
- Keep out of reach of children and pets



Pain Assessment and  
Management Initiative

## Contact us

Phone: 904 - 244 - 4986

Email: [pami@jax.ufl.edu](mailto:pami@jax.ufl.edu)

Website: [pami.emergency.med.jax.ufl.edu](http://pami.emergency.med.jax.ufl.edu)

Search us using:  
@ufpami



**Scan the QR code to visit  
our website:**



**Pediatric OTC Oral Dosing information can  
be found here:**



Updated 05/25/2023



Pain Assessment and  
Management Initiative

# OVER-THE-COUNTER ORAL PAIN MEDICATIONS

*A guide to understanding OTC  
oral pain medications for adults &  
adolescents*



Always tell your healthcare provider  
about all medications you are taking,  
including OTC options, herbals and  
supplements.

# Acetaminophen

Common Brand Name: Tylenol®

## Common Uses

- Provides temporary relief from fever and mild to moderate aches and pains

## Adult Dosing

- Immediate relief tablets
  - 325-500mg tablet every 4-6 hours as needed
  - Do not exceed 3250mg of regular strength or 4000mg of extra strength in a 24 hour period
- Extended relief tablets
  - 650mg tablet every 8 hours as needed
  - Do not exceed 3900mg in a 24-hour period

*Note: Liquid formulations also available*

## Acetaminophen Warnings

- Follow the dosing directions carefully
- Do not take more than prescribed. Liver damage can occur if recommended dosing is exceeded.
- Do not take this product before discussing with your health care provider

# Ibuprofen

NSAID Class

Common Brand Names: Advil®, Motrin®

## Common Uses

- Provides temporary relief of fever and mild to moderate aches and pains
- Reduces inflammation from sprains, strains, and arthritis

## Adult Dosing

- Tablet
  - 200-400mg tablet every 4-6 hours, as needed
  - Do not exceed 1200mg in a 24-hour period
- Liquid
  - Available as 100mg/5ml oral suspension

## NSAID Warnings

- Do not take NSAIDs if you have stomach ulcers; history of stroke; asthma; nasal polyps; or conditions involving your stomach, liver, kidneys, or heart
- Current recommendation: No NSAIDs after 20 weeks of pregnancy unless approved by your doctor

# Naproxen

NSAID Class

Common Brand Name: Aleve®

## Common Uses

- Provides temporary relief of mild to moderate aches and pains
- Reduces inflammation from sprains, strains, and arthritis

## Adult Dosing

- Tablet
  - 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