

## General Recommendations

*Each of these medications can be used effectively. Each of these medications can also be used incorrectly — leading to serious health problems.*

*Contact your health provider before you experience any symptoms that you feel are unusual*

**and**

**FOLLOW ORDERS!**



*No matter which over-the-counter pain medicine is best for you, remember to:*

- ⇒ READ THE LABEL
- ⇒ FOLLOW THE DOSING INSTRUCTIONS
- ⇒ CHECK TO LEARN IF IT SHOULD BE TAKEN WITH OR WITHOUT FOOD
- ⇒ CHECK WITH YOUR HEALTH PROVIDER BEFORE TAKING ANY PRESCRIBED OR OVER-THE-COUNTER MEDICINES

Maryland Board of Pharmacy  
4201 Patterson Avenue  
Baltimore, MD 21215  
410-764-4755  
410-358-9512 FAX  
[www.dhmf.maryland.gov/  
pharmacy](http://www.dhmf.maryland.gov/pharmacy)

Maryland Board  
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# Acetaminophen?

# Aspirin?

# Ibuprofen?



***Why? When? How?***

# Over-the-counter pain medicine information

<b>Acetaminophen*</b>	<b>Aspirin*</b>	<b>Ibuprofen*</b>
<p><b>Uses:</b></p> <ul style="list-style-type: none"> <li>• As a pain reliever</li> <li>• As a fever reducer</li> </ul>	<p><b>Uses:</b></p> <ul style="list-style-type: none"> <li>• To relieve minor aches and pains.</li> <li>• As an anti-inflammatory to reduce swelling and redness caused by infections, headaches or arthritis.</li> <li>• To help prevent blood clots, strokes, heart disease, or heart attacks.</li> </ul>	<p><b>Uses:</b></p> <ul style="list-style-type: none"> <li>• As a nonsteroidal anti-inflammatory drug (NSAID) to treat fever, headaches, rheumatoid arthritis, osteoarthritis, muscle aches, menstrual cramps, or mild to moderate pain.</li> </ul>
<p><b>Common Brand (Trade) Names containing the OTC pain medication</b></p> <ul style="list-style-type: none"> <li>• Tylenol</li> <li>• Percocet</li> <li>• Darvicet</li> <li>• Excedrin PM</li> <li>• Nyquil</li> <li>• Thera-Flu</li> <li>• Other prescription drugs (<i>read the label</i>)</li> </ul> <p><i>*Acetaminophen is often abbreviated as APAP on some medication/product labels</i></p>	<p><b>Common Brand (Trade) Names containing the OTC pain medication</b></p> <ul style="list-style-type: none"> <li>• Some medications (<i>read label</i>)</li> <li>• Aspirin (<i>product made by many different companies</i>)</li> </ul>	<p><b>Common Brand (Trade) Names containing the OTC pain medication</b></p> <ul style="list-style-type: none"> <li>• Ibuprofen</li> <li>• Aleve</li> <li>• Motrin</li> </ul>
<p><b>Precautions:</b></p> <p>Should be limited to:</p> <ul style="list-style-type: none"> <li>• 10 days for pain relief</li> <li>• 3 days for fever</li> <li>• 2 days for severe sore throat</li> <li>• Do NOT mix products containing APAP; Acute overdose can cause fatal liver damage.</li> <li>• Do NOT continue using if experiencing flu-like symptoms, paleness of skin, weakness, sweating, loss of appetite, or nausea.</li> </ul>	<p><b>Precautions:</b></p> <ul style="list-style-type: none"> <li>• Adult doses are generally taken 4 times a day for fever or arthritis.</li> <li>• Should not be given to children due to Reye Syndrome.</li> <li>• Dosage depends on the condition or disease that is being treated.</li> <li>• Some vitamins and medications may not mix with aspirin---Ask your doctor!!</li> <li>• Do NOT continue using if experiencing ears ringing, hearing loss, black or bloody stools, skin rash, drowsiness, confusion, dizziness, or breathing issues.</li> </ul>	<p><b>Precautions:</b></p> <ul style="list-style-type: none"> <li>• Do NOT exceed recommended dosages.</li> <li>• May cause dizziness or drowsiness, serious stomach ulcer or bleeding.</li> <li>• Do NOT combine with aspirin.</li> <li>• Can be prescribed as a prescription product.</li> <li>• Do NOT continue using if you have had a severe allergic reaction, have recently had or will be having bypass heart surgery, or are in the last trimester of pregnancy.</li> </ul>
<p><i>*Check with doctor or pharmacist</i></p>	<p><i>regarding any questions or concerns about the use or dose to take</i></p>	<p><i>of these and other products.</i></p>



