Make the right choice for you
OTC pain reliever differences could matter to your health

1. Check the active ingredient
   They may treat the same symptoms, but they work differently in your body.

2. Consult the checklist
   Not all pain relievers are appropriate for everyone.

3. Know the OTC daily limit
   For your safety, do not take more than this amount in 24 hours.

4. Follow the directions
   Directions are not just suggestions—they are meant to be followed.
   It is not safe to apply the dosing directions of one pain reliever to another.

Acetaminophen
for example, Tylenol®

Do you:
- drink 3 or more alcoholic beverages every day?
- have liver disease?
- take the blood thinning drug warfarin?
- take prescription medicines containing acetaminophen?
- take other OTC medicines containing acetaminophen, including cough and cold or allergy products, sleep aids, and pain relievers?
- have an allergy to acetaminophen?

Acetaminophen

4,000 mg

Naproxen sodium
for example, Aleve®

Do you:
- have heart surgery scheduled or recently had heart surgery?

Naproxen sodium

660 mg

Ibuprofen
for example, Motrin® IB, Advil®

Do you:
- have aspirin to protect against heart attack or stroke?
- have heart surgery scheduled or recently had heart surgery?

Ibuprofen

1,200 mg

Aspirin
for example, Bayer®

Do you:
- take prescription medicines for gout, diabetes, or arthritis?

Aspirin

4,000 mg

IMPORTANT
Different ingredients have different warnings. For complete warnings and information, check the Drug Facts label on your medicine cartons.

If you checked any of these boxes, talk to your healthcare professional before taking OTC acetaminophen, because other pain relievers may be more appropriate for you.

If you checked any of these boxes, talk to your healthcare professional before taking an OTC NSAID, such as ibuprofen, naproxen sodium, or aspirin, because other pain relievers may be more appropriate for you.

NSAIDs = Nonsteroidal anti-inflammatory drugs

Are you:
- age 60 or older?

GetReliefResponsibly.com
Check your medicines

Take **ONLY 1** medicine that contains acetaminophen at a time

**Why?**
- If you take more than 1 medicine that contains acetaminophen at a time, it increases your chance of taking too much (more than 4,000 mg in 24 hours), and that could harm your liver

### Over-the-counter (OTC) medicine brands with products that contain acetaminophen

- Tylenol®
- NyQuil®/DayQuil®
- Excedrin®
- Alka-Seltzer Plus®
- Mucinex®
- Robitussin®
- Goody’s®

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Take **ONLY 1** medicine that contains an NSAID* at a time

**Why?**
- If you take more than 1 medicine that contains an NSAID, it increases the risk of stomach bleeding
- If you take aspirin to help protect against heart attack or stroke, taking ibuprofen may decrease that heart health benefit
- Non-aspirin NSAIDs (*for example*, ibuprofen or naproxen sodium) increase the risk of heart attack, heart failure, and stroke. This risk is higher if you use more than directed or longer than directed.

### Over-the-counter (OTC) medicine brands with products that contain an NSAID (ibuprofen, naproxen sodium, or aspirin)

- Advil®
- Aleve®
- Bayer®
- Motrin®
- Excedrin®
- Alka-Seltzer Plus®
- Goody’s®

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Many prescription medicines contain acetaminophen, such as

- Vicodin®, Norco®, Lortab® (Hydrocodone)
- Percocet®, Endocet®, Roxicet (Oxycodone)
- Tylenol® with Codeine
- Fioricet® (Butalbital)
- Ultracet® (Tramadol)

Many prescription medicines contain an NSAID, such as

- Vicoprofen® (Hydrocodone)
- Combunox® (Oxycodeone)
- Mobic® (Meloxicam)
- Naprosyn® (Naproxen)
- Anaprox® (Naproxen sodium)
- Celebrex® (Celecoxib)

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This is not a complete list of OTC and prescription brands with products that contain acetaminophen or an NSAID. Check your medicine label. If you are unsure, ask your healthcare professional.

Find dosage charts, quizzes, and videos at [GetReliefResponsibly.com](http://GetReliefResponsibly.com)