

Over-The-Counter (OTC) Pain Medication



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Acetaminophen and ibuprofen are used to reduce pain, inflammation, and fever.

Your healthcare provider may recommend you use both of them for additional relief. To do this best, alternate the medications every 3 or 4 hours. That way, when one starts to wear off, the other one is kicking in.

It takes about 30 minutes - 1 hour for most oral medications to take effect.

Brand Name	Generic Name	Uses	Usual dose	Dosage instructions	Side Effects
Tylenol	acetaminophen	<ul style="list-style-type: none"> • Fever • Body aches • Head ache • General pain 	<p>325 mg x 2 tablets (total dose = 650mg) <i>every 6-8 hours</i></p>	Do not take more than 4,000mg in a 24hr period, because this can damage your liver.	<ul style="list-style-type: none"> • Nausea or stomach pain • Itching or rash - call UHS
Advil, Motrin	ibuprofen	<ul style="list-style-type: none"> • Inflammation • Muscle aches • Cramping • Fever • Toothaches 	<p>200 mg x 2-3 tablets (total dose = 400 - 600 mg) <i>every 4-6 hours</i></p>	A provider may instruct you to take a higher dose: 3-4 tablets (600-800 mg) <i>every 4-6 hours</i>	Can irritate the stomach lining , causing stomach ache, nausea, vomiting, ulcers. So take with food.

Call UHS if you have any questions.

Check with a provider before taking acetaminophen or ibuprofen if you take other prescription medications or have any chronic health conditions.

Note: For a **cheaper alternative to brand-name medications**, purchase the generic medication sold by the store. Be sure to **always read the Drug Facts and directions** to check that it contains the same active ingredient(s) and instructions.

"OTC" means no prescription is needed and they can be obtained at most pharmacies.