

# Create Your Pain Management Plan

Experts highly recommend building a plan that combines more than one pain relief therapy, with the help of your healthcare professional. And even if an opioid is needed, making a plan is proven to help you take lower doses and stop sooner.



## Take the first step

Fill out this form and take it to your next appointment.



## Make personal goals

Getting back to your regular activities is a top priority. Check the goals that matter to you.

- |   |   |
|---|---|
| <input type="checkbox"/> Spend time with family/friends | <input type="checkbox"/> Exercise, such as: _____ |
| <input type="checkbox"/> Go for walks                   | <input type="checkbox"/> Hobbies, such as: _____  |
| <input type="checkbox"/> Go back to work                | <input type="checkbox"/> Other: _____             |



## Speak up

In order to help you, your healthcare professional needs to hear your thoughts. Check the statements that reflect your feelings.

- I am worried about side effects of opioids (habit-forming, drowsiness, constipation)
- I am interested in non-opioid medicines for pain relief
- I am interested in non-drug therapies to relieve pain
- Other: \_\_\_\_\_



## Ask about non-opioid pain relievers

### Over-the-counter (OTC) pain relievers

Evidence shows that OTC pain relievers, acetaminophen and NSAIDs (nonsteroidal anti-inflammatory drugs), are effective, and help reduce the need for opioids when used as part of a combination pain plan.

Check the ones you already use.

- |  |   |
|--|---|
| <input type="checkbox"/> Acetaminophen (for example, Tylenol®)       | <input type="checkbox"/> Naproxen sodium (for example, Aleve®)        |
| <input type="checkbox"/> Ibuprofen (for example, Motrin® IB, Advil®) | <input type="checkbox"/> Aspirin (for example, Bayer® Extra Strength) |

### Prescription non-opioid pain relievers

- I am interested in prescription medicines that relieve pain without the side effects of opioids.

Remember to tell your healthcare professional all medications and supplements you are taking

- I currently take: \_\_\_\_\_



## Ask about non-drug therapies

Check the types you want to know more about.

- Mind-body methods (for example, relaxation techniques)
- Alternative methods (for example, massage or acupuncture)
- Devices (for example, electrical nerve stimulation)

See back ►





## Keep moving toward relief

- Set and track your personal goals and your pain. **Work with your healthcare professional to make changes to your plan if needed**
- Determine which OTC pain reliever and dose is right for you

## Follow the dosing directions for effective pain relief

### OTC pain relievers dosage chart for adults and children 12 years and older

Acetaminophen	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Acetaminophen regular strength <i>for example</i> Tylenol® Regular Strength	325 mg per pill	2 pills every 4 to 6 hours while symptoms last	Do not take more than <b>10 pills in 24 hours,</b> unless directed by a doctor
Acetaminophen extra strength <i>for example</i> Tylenol® Extra Strength	500 mg per pill	2 pills every 6 hours while symptoms last	Do not take more than <b>6 pills in 24 hours,</b> unless directed by a doctor
Acetaminophen extended release <i>for example</i> Tylenol® 8HR Arthritis Pain	650 mg per pill	2 pills every 8 hours	Do not take more than <b>6 pills in 24 hours</b>

Acetaminophen dosage  
daily limit is

**4,000 mg**

For your safety, do not take more than this amount in 24 hours

Some acetaminophen labels specify a 3,000 mg per day limit. Do not exceed the daily limit on the label. Consult your healthcare professional if you have questions.

NSAIDs nonsteroidal anti-inflammatory drugs	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Ibuprofen <i>for example</i> Motrin® IB and Advil®	200 mg per pill	1 pill every 4 to 6 hours while symptoms last (if pain or fever does not respond to 1 pill, 2 pills may be used)	Do not take more than <b>6 pills in 24 hours,</b> unless directed by a doctor

Ibuprofen dosage daily limit is  
**1,200 mg**

For your safety, do not take more than this amount in 24 hours

Naproxen sodium <i>for example</i> Aleve®	220 mg per pill	1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour)	Do not take more than <b>2 pills in any 8 to 12 hour period.</b> Do not take more than <b>3 pills in 24 hours</b>
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Naproxen sodium dosage  
daily limit is

**660 mg**

For your safety, do not take more than this amount in 24 hours

Aspirin regular strength <i>for example</i> Bayer® Regular Strength	325 mg per pill	1 or 2 pills every 4 hours, or 3 pills every 6 hours	Do not take more than <b>12 pills in 24 hours</b>
Aspirin extra strength <i>for example</i> Bayer® Extra Strength	500 mg per pill	1 or 2 pills every 4 to 6 hours	Do not take more than <b>8 pills in 24 hours</b>

Aspirin dosage daily limit is

**4,000 mg**

For your safety, do not take more than this amount in 24 hours

It is important to **always read and follow the label**. If you have any questions, ask your healthcare professional which product may be right for you.

### Remember!

- Take **ONLY 1** medicine that contains the **same kind of active ingredient** (acetaminophen or NSAID) at a time
- **Do not exceed the dose** on the label directions
- For NSAIDs, take the **smallest effective dose**— and take it for the **shortest amount of time** needed

### Why?

- If you take more than 1 medicine with the same kind of active ingredient at a time, it can increase your chance of harmful side effects
- Taking more than directed does NOT equal faster relief. It can also lead to harmful side effects

## Get Relief Responsibly®

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