

# Over-the-counter (OTC) pain reliever differences could matter to your health

-  **1.** For the active ingredient you are considering, check all boxes that apply to you.  
What you check may affect your choice and use of pain relievers.

## Nonsteroidal anti-inflammatory drugs (NSAIDs)

Although NSAIDs share some similarities, they have different levels of risk.  
For example, ibuprofen irritates the stomach less than aspirin. Ask your healthcare professional if you have questions.

### Non-aspirin NSAIDs

#### Acetaminophen for example, Tylenol®

##### Check the box if you:

- drink 3 or more alcoholic beverages every day
- have liver disease
- take the blood thinning drug warfarin

##### Do not use if you:

- 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

#### Aspirin for example, Bayer® Extra Strength

##### Check the box if you:

- drink 3 or more alcoholic beverages every day
- have liver cirrhosis
- take prescription medicines, such as NSAIDs, diuretics, or blood thinning drugs (anticoagulants)
- take other OTC medicines containing NSAIDs, including cough and cold or allergy products, sleep aids, and pain relievers
- have a history of stomach bleeding or stomach ulcers
- have a history of stomach problems, such as heartburn
- have kidney disease
- have heart disease
- have high blood pressure
- have asthma
- take steroids or have a condition that requires long-term steroid use
- are age 60 or older
- take prescription medicines for gout, diabetes, or arthritis

##### Do not use:

- if you are allergic to aspirin or have ever had an allergic reaction to any other pain reliever or fever reducer

#### Ibuprofen for example, Motrin® IB, Advil®

##### Check the box if you:

- drink 3 or more alcoholic beverages every day
- have liver cirrhosis
- take prescription medicines, such as NSAIDs, diuretics, or blood thinning drugs (anticoagulants)
- take other OTC medicines containing NSAIDs, including cough and cold or allergy products, sleep aids, and pain relievers
- have a history of stomach bleeding or stomach ulcers
- have a history of stomach problems, such as heartburn
- have kidney disease
- have heart disease
- have high blood pressure
- have asthma
- take steroids or have a condition that requires long-term steroid use
- are age 60 or older
- have a history of heart attack, heart failure, or stroke
- take aspirin to protect against heart attack or stroke

##### Do not use:

- if you have ever had an allergic reaction to ibuprofen or any other pain reliever or fever reducer
- right before or after heart surgery

#### Naproxen sodium for example, Aleve®

##### Check the box if you:

- drink 3 or more alcoholic beverages every day
- have liver cirrhosis
- take prescription medicines, such as NSAIDs, diuretics, or blood thinning drugs (anticoagulants)
- take other OTC medicines containing NSAIDs, including cough and cold or allergy products, sleep aids, and pain relievers
- have a history of stomach bleeding or stomach ulcers
- have a history of stomach problems, such as heartburn
- have kidney disease
- have heart disease
- have high blood pressure
- have asthma
- take steroids or have a condition that requires long-term steroid use
- are age 60 or older
- have a history of heart attack, heart failure, or stroke

##### Do not use:

- if you have ever had an allergic reaction to any other pain reliever or fever reducer
- right before or after heart surgery

 **2.** If you checked any boxes and have questions about how what you checked may affect your OTC pain reliever choice, ask your healthcare professional. Use this checklist to guide your conversation.

-  **3. Choose with care.** Always read and follow the medicine label for all warnings and product information.

Get Relief Responsibly®

# Check your medicines

## ACETAMINOPHEN

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. Severe liver damage may occur if you take:

- more than 4,000 mg of acetaminophen within 24 hours
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while taking acetaminophen

**Note:** Acetaminophen won't irritate your stomach the way aspirin, naproxen sodium, or even ibuprofen can.



Many **over-the-counter (OTC)** medicine brands have products that contain **acetaminophen**, such as:

- **Alka-Seltzer Plus**<sup>®</sup>
- **Excedrin**<sup>®</sup>
- **Goody's**<sup>®</sup>
- **Mucinex**<sup>®</sup>
- **NyQuil**<sup>®</sup>/**DayQuil**<sup>®</sup>
- **Robitussin**<sup>®</sup>
- **Tylenol**<sup>®</sup>



Many **prescription** medicines contain **acetaminophen**, such as:

- **Fioricet**<sup>®</sup> (Butalbital/Acetaminophen/Caffeine)
- **Percocet**<sup>®</sup>, **Endocet**<sup>®</sup>, **Roxicet** (Oxycodone/Acetaminophen)
- **Tylenol**<sup>®</sup> with **Codeine** (Acetaminophen/Codeine)
- **Ultracet**<sup>®</sup> (Tramadol/Acetaminophen)
- **Vicodin**<sup>®</sup>, **Norco**<sup>®</sup>, **Lortab**<sup>®</sup> (Hydrocodone/Acetaminophen)

## Nonsteroidal anti-inflammatory drug (NSAID)

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 for longer than directed.

**Note:** Different NSAIDs have different levels of stomach bleeding risk and cardiovascular risk. Ask your healthcare professional if you have questions.



Many **over-the-counter (OTC)** medicine brands have products that contain an **NSAID** (aspirin, ibuprofen, or naproxen sodium), such as:

*Non-aspirin NSAIDs:*

- **Advil**<sup>®</sup>
- **Aleve**<sup>®</sup>
- **Motrin**<sup>®</sup>

*May contain aspirin:*

- **Alka-Seltzer Plus**<sup>®</sup>
- **Bayer**<sup>®</sup>
- **Excedrin**<sup>®</sup>
- **Goody's**<sup>®</sup>



Many **prescription** medicines contain an **NSAID**, such as:

- **Anaprox**<sup>®</sup> (Naproxen sodium)
- **Celebrex**<sup>®</sup> (Celecoxib)
- **Combunox**<sup>®</sup> (Oxycodone/Ibuprofen)
- **Mobic**<sup>®</sup> (Meloxicam)
- **Naprosyn**<sup>®</sup> (Naproxen)
- **Vicoprofen**<sup>®</sup> (Hydrocodone/Ibuprofen)

This is not a complete list of OTC and prescription brands with products that contain acetaminophen or an NSAID. Also note that different products can have different warnings and dosing instructions. For product information, please always read and follow your medicine label. If you have any questions, please ask your healthcare professional.

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

Get Relief Responsibly<sup>®</sup>