When taking an over-the-counter (OTC) pain reliever, are consumers making the right choices?

9 out of 10 consumers depend on OTC pain relievers to manage their pain, with 53% taking one every week or more.

56% of these consumers automatically choose which OTC pain reliever to take rather than carefully choosing the right option based on important safety considerations like their personal health history or other medicines they’re taking.

45% do not consider prescription medicines they are currently taking.

65% do not consider the other OTCs they are currently taking.

58% do not consider medical conditions that are pre-existing.

56% of consumers choose OTC pain relievers based on how quickly they think they work.

62% of consumers choose OTC pain relievers based on how effectively they think they work.

45% feel confident they’re choosing the right OTC pain reliever for them. However...

97% of these consumers automatically choose which OTC pain reliever to take rather than carefully choosing the right option based on important safety considerations like their personal health history or other medicines they’re taking.

4 out of 5 do not consider the potential harm of taking the same OTC pain reliever they’ve always taken, even when their personal health conditions may have changed over time.

1 out of 5 do not consider any of these important safety factors at all.

37% of those with cardiovascular disease & 43% of those with high blood pressure don’t consider their current health conditions when choosing an OTC pain reliever, possibly increasing the chances of harmful side effects.

CHOOSE AN APPROPRIATE OTC PAIN RELIEVER FOR YOU.

NOT ALL PAIN RELIEVERS ARE RIGHT FOR EVERYONE: there is an increased chance of harmful side effects if not selected and used correctly.

When taking an over-the-counter (OTC) pain reliever,

- Are consumers making the right choices?
- OTC pain relievers are commonly used.
- Consumers choose pain relievers based on effectiveness and speed.
- But important safety factors aren’t being considered.
- Certain OTC pain relievers may be more appropriate given age or medical conditions. But...
- 37% of those with cardiovascular disease & 43% of those with high blood pressure don’t consider their current health conditions when choosing an OTC pain reliever, possibly increasing the chances of harmful side effects.
- Choose an appropriate OTC pain reliever for you.

Find tips, quizzes, and videos at GetReliefResponsibly.com

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In July 2016, the U.S. Pain Foundation, in conjunction with McNeil Consumer Healthcare, conducted a survey on American consumers’ perceptions and behaviors toward OTC pain relievers. The survey was conducted from June 24-July 5, 2016 among nearly 1,300 U.S. adults who reported having used an OTC pain reliever in the last 90 days. The sample included an oversampling of respondents with high blood pressure (n=250) and respondents with cardiovascular disease (n=250).