

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 10 pills in 24 hours, 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 6 pills in 24 hours, 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 6 pills in 24 hours

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 6 pills in 24 hours, 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 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours
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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 12 pills in 24 hours
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 8 pills in 24 hours

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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