

Think medicine safety when Taking an OTC NSAID



1 What to know

NSAIDs (nonsteroidal anti-inflammatory drugs) are a commonly used type of pain reliever and fever reducer available over-the-counter (OTC) and by prescription.

The most well-known **NSAIDs include ibuprofen, aspirin, and naproxen sodium.**

NSAIDs are safe and effective when used as directed, but the risk of harmful side effects such as **stomach bleeding, heart attack, or stroke** increases the more you take and the longer you take them.

2 What you can do

Take the **smallest effective dose** and take it for the **shortest amount of time** needed.

NSAIDs*	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)	1,200 mg 6 pills 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)	660 mg 2 pills in any 8 to 12 hour period. Do not take more than 3 pills 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	4,000 mg 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	4,000 mg 8 pills in 24 hours



More than 900 OTC and Rx medicines contain an NSAID. Take **ONLY 1** medicine that contains an NSAID at a time.



Write down all of the **OTC** and **Rx medicines, vitamins,** and **herbal supplements** you take. Bring the list and your bottles to your next visit.



If you have **any questions** about choosing or using OTC or Rx pain relievers, **talk with your healthcare professional.**

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

*nonsteroidal anti-inflammatory drugs

The third-party trademarks used herein are trademarks of their respective owners.
© Johnson & Johnson Consumer Inc. 2017 EST-1245

Get Relief Responsibly®