

Think medicine safety when

Taking OTC acetaminophen



1 What to know

Acetaminophen is an active ingredient in **more than 500** over-the-counter (OTC) and prescription (Rx) medicines. When taken as directed, acetaminophen is safe and effective. But if you take too much—more than 4,000 mg in 24 hours—that **could harm your liver**.

2 What you can do

Check the ingredients in your medicines. **Take ONLY 1** medicine that contains acetaminophen at a time.

Over-the-counter (OTC) common examples

- Tylenol®
- NyQuil®/DayQuil®
- Excedrin®
- Alka-Seltzer Plus®
- Mucinex®
- Robitussin®
- Goody's®
- Comtrex®
- Sudafed®
- Theraflu®

Prescription (Rx) common examples

- Fioricet® (Butalbital)
- Ultracet® (Tramadol)
- Tylenol® with Codeine (Codeine)
- Vicodin®, Norco®, Lortab® (Hydrocodone)
- Percocet®, Endocet®, Roxicet® (Oxycodone)

This is not a complete list of OTC and prescription brands with products that contain acetaminophen. Check your medicine labels. If you are unsure, ask your healthcare professional.

Get your dose right and avoid taking too much

Acetaminophen dosage **daily limit** is **4,000 mg**. For your safety, do not take more than this amount in 24 hours.

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



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 prescription pain relievers, **talk with your healthcare professional**.

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

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