



OVER-THE-COUNTER Pain Medicines

TAKE THEM SAFELY & SERIOUSLY

Over-the-counter (OTC) pain relievers are safe and effective when taken correctly, **but taking too much can lead to liver or kidney damage.**

More than 600 OTC and prescription medicines contain pain relievers like acetaminophen, aspirin, ibuprofen, or naproxen.

TIPS for taking OTC pain relievers SAFELY:

- Read all medicine labels and follow the directions carefully.
- Tell your health care provider at every visit about any OTC or herbal medicines or supplements you or your children take.
- Ask your pharmacist if you have questions about medicines.
- Avoid taking **more than one medicine** that contains:
 - ACETAMINOPHEN:** APAP, Excedrin, Nyquil, Tylenol, or "Aspirin-Free" pain relievers
 - ASPIRIN:** ASA, Bayer Aspirin, Alka-Seltzer, Ecotrin, Excedrin
 - IBUPROFEN:** Advil, Motrin, Motrin IB, Midol IB, Nuprin
 - NAPROXEN:** Aleve, Anaprox, Naprosyn

READ THE LABEL
KNOW THE INGREDIENTS
KNOW THE DOSE
ASK YOUR PHARMACIST

