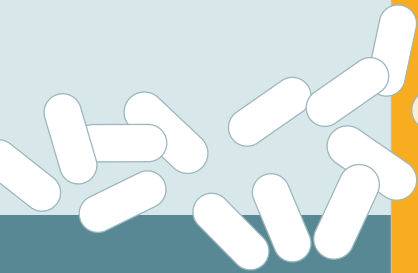


OTC adult pain reliever differences could matter to your health

Make an appropriate choice for you

✓ Check the medicinal ingredient
They may treat the same symptoms, but they work differently in your body.

✓ Consult the checklist
Not all pain relievers are appropriate for everyone.



IMPORTANT
Different ingredients have different warnings. For complete warnings and information, check the Drug Facts on your medicine label.

✓ Know the OTC daily limit

✓ Follow the directions

Acetaminophen

for example:
TYLENOL®

- Do you:
- drink 3 or more alcoholic beverages every day?
 - have liver disease?
 - take the blood thinning drug warfarin?
 - take prescription medicines containing acetaminophen, including acetaminophen-containing narcotics?
 - take other OTC medicines containing acetaminophen, including cough and cold or allergy products, sleep aids, and pain relievers?
 - have an allergy to acetaminophen?

If you checked any of these boxes, talk to your healthcare professional before taking OTC acetaminophen, because other pain relievers may be more appropriate for you.

4,000 mg

NSAIDs = Nonsteroidal Anti-inflammatory Drugs

Ibuprofen

for example:
MOTRIN®, Advil®

Naproxen sodium

for example:
Aleve®, MOTRIMAX™
12 HOUR

Diclofenac*

for example:
Voltaren Emulgel®
*applied topically

Acetylsalicylic Acid

for example:
Aspirin®

- Have you:
- ever had an allergic reaction or serious side effects from taking pain relievers?
 - recently had heart surgery or are you about to have heart surgery?

- Do you:
- take prescription medicines for gout, diabetes, or arthritis?
 - have an allergy to Aspirin®?

- Do you:
- have a history of stomach bleeding or stomach ulcers?
 - have a history of stomach problems, such as heartburn?
 - have kidney disease?
 - have heart disease?
 - have high blood pressure?
 - have liver cirrhosis?
 - have asthma?
 - drink 3 or more alcoholic beverages every day?
 - take prescription medicines, such as NSAIDs, diuretics, or blood thinning drugs (anticoagulants)?
 - take other OTC medicines containing NSAIDs, including cough and cold or allergy products, sleep aids, and pain relievers?
 - take steroids or have a condition that requires long-term steroid use?

- Are you:
- age 65 or older?

If you checked any of these boxes, talk to your healthcare professional before taking an OTC NSAID, such as ibuprofen, naproxen sodium, or acetylsalicylic acid, because other pain relievers may be more appropriate for you.

1,200 mg

440 mg

16g*/32g**

4,000 mg

NEVER TAKE more than this amount in 24 hours.

*if applied to lower extremities **if applied to upper extremities

Directions are not just suggestions—they are meant to be followed. It is not responsible to apply the dosing directions of one pain reliever to another.

See back for common over-the-counter (OTC) medicine brands and prescription medicines that contain acetaminophen and NSAIDs



Find tips, quizzes, and videos at
GetReliefResponsibly.ca

Get Relief Responsibly®

Check your medicines



Take **ONLY 1** medicine that contains **acetaminophen** at a time

Why?

- If you take more than 1 medicine that contains acetaminophen, it increases your chance of taking too much, and that could harm your liver

Over-the-counter (OTC) medicine brands with products that contain **acetaminophen**

- **TYLENOL**[®]
- **NyQuil**[®]/**DayQuil**[®]
- **Excedrin**[®]
- **Buckley's Complete**[®]
- **Robitussin**[®]
- **Vicks**[®]



This is not intended to be a complete list of brands containing acetaminophen or NSAIDs in Canada. If in doubt, please check with your healthcare provider.



*nonsteroidal anti-inflammatory drug

Take **ONLY 1** medicine that contains an **NSAID*** at a time

Why?

- If you take more than 1 medicine that contains an NSAID, it increases your chance of stomach bleeding
- If you take daily low dose ASA (81-325 mg) for cardioprotection, ibuprofen may decrease that heart benefit

Over-the-counter (OTC) medicine brands with products that contain an **NSAID** (ibuprofen, naproxen sodium, or acetylsalicylic acid)

- **Advil**[®]
- **Aleve**[®]
- **Aspirin**[®]
- **MOTRIN**[®]
- **MOTRIMAX™ 12 HOUR**
- **Voltaren**[®] (applied topically)

Many prescription medicines contain **acetaminophen**, such as

- **Percocet**[®], **Endocet**[®] (Oxycodone)
- **TYLENOL**[®] **No. 2, 3 & 4** (Codeine)
- **Tramacet**[®] (Tramadol)

Many prescription medicines contain an **NSAID**, such as

- **Naprosyn**[®], **Anaprox**[®] (Naproxen)
- **Celebrex**[®] (Celecoxib)

This is not a complete list.

Check your medicine label to see if the product contains acetaminophen or an NSAID.
If you are unsure, ask your healthcare professional.



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Get Relief Responsibly[®]