

# Over the counter pain management

Date: \_\_\_\_\_

Tylenol (acetaminophen) and Advil, Motrin (ibuprofen) are safe and effective pain medications for your child when taken in correct dosages. Ibuprofen can only be used for patients 6 months or older. These medications are available over the counter (without a prescription). They are strong enough to provide pain relief after most surgical procedures. Alternating these medications on a set schedule has been proven to provide better pain control than either medication alone.

Give your child acetaminophen and ibuprofen alternating medication every 3 hours until your child is pain-free. Providing medicine 24 hours a day will help control your child's pain. By the second day, most children only use the pain medication if needed.

Example: At 9 a.m., give acetaminophen. At noon, give ibuprofen. At 3 p.m., give acetaminophen. At 6 p.m., give ibuprofen. At 9 p.m., give acetaminophen. At midnight, give ibuprofen.

Weight	AM PM	AM PM	AM PM	AM PM	AM PM	AM PM
Tylenol (acetaminophen)						
Advil, Motrin (ibuprofen)						

## WEIGHT

Your child weighs \_\_\_\_\_

## TYLENOL (ACETAMINOPHEN) DOSAGE CHART:

Please refer to the table below for correct dosage. You may repeat the dosage every 4 to 6 hours as needed. Do not give acetaminophen more than five times a day. If you have been prescribed hydrocodone/acetaminophen (Hycet or Norco), do not give acetaminophen with either of those products as they both contain acetaminophen.

Weight	6 to 11 pounds	12 to 17 pounds	18 to 23 pounds	24 to 35 pounds	36 to 47 pounds
Milligram dosage	40 mg	80 mg	120 mg	160 mg	240 mg
Infant/children's liquid (160 mg/5 mL)	1.25 mL	2.5 mL	3.75 mL	5 mL	7.5 mL
Chewable tablets (160 mg each)				1 tablet	1-1/2 tablets

**TYLENOL (ACETAMINOPHEN) DOSAGE CHART: (CONTINUED)**

<b>Weight</b>	48 to 59 pounds	60 to 71 pounds	72 to 95 pounds	96+ pounds
<b>Milligram dosage</b>	320 mg	400 mg	480 mg	640 mg
<b>Infant/children's liquid (160 mg/5 mL)</b>	10 mL	12.5 mL	15 mL	20 mL
<b>Chewable tablets (160 mg each)</b>	2 tablets	2-1/2 tablets	3 tablets	4 tablets

**ADVIL, MOTRIN (IBUPROFEN) DOSAGE CHART:**

Do not give ibuprofen to children under 6 months of age. Determine the correct dosage by finding your child's weight in the table below. You may repeat the dosage every 6 to 8 hours as needed.

<b>Weight</b>	12 to 17 pounds	18 to 23 pounds	24 to 35 pounds	36 to 47 pounds
<b>Milligram dosage</b>	50 mg	75 mg	100 mg	150 mg
<b>Infant drops (50 mg/1.25 mL)</b>	1.25 mL	1.875 mL	2.5 mL	3.75 mL
<b>Children's liquid (100 mg/5 mL)</b>	2.5 mL	3.75 mL	5 mL	7.5 mL
<b>Chewable tablets (100 mg each)</b>			1 tablet	1-1/2 tablets

<b>Weight</b>	48 to 59 pounds	60 to 71 pounds	72 to 95 pounds	96+ pounds
<b>Milligram dosage</b>	200 mg	250 mg	300 mg	400 mg
<b>Children's liquid (100 mg/5 mL)</b>	10 mL	12.5 mL	15 mL	20 mL
<b>Chewable tablets (100 mg each)</b>	2 tablets	2-1/2 tablets	3 tablets	4 tablets
<b>Adult strength tablets (200 mg each)</b>	1 tablet		1-1/2 tablets	2 tablets

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