

GET THE FACTS TYLENOL®

GENERIC NAME - ACETAMINOPHEN



ACETAMINOPHEN FACTS

Active Ingredient:

- Acetaminophen is the most common drug ingredient in America, found in more than 600 different over-the-counter and prescription drugs.ⁱ
- Used by more than 50 million Americans each week.ⁱⁱ
- Relieves pain by elevating the pain threshold and requiring a greater level of pain to develop before a person feels it.

Acetaminophen is the active ingredient in these common OTC and prescription drugsⁱⁱⁱ:

- Tylenol
- Benadryl
- Excedrin
- Sudafed
- Nyquil
- Dayquil
- Vicodin
- Robitussin
- Alka-Seltzer Plus

DIRECTIONS: HOW TO USE

The FDA advises 4 grams (4000 mg) of acetaminophen as the maximum dosage in a 24-hour period.^{iv}

Taking more acetaminophen than directed is an overdose and can lead to liver damage.^v

- Always read and follow the label.
- Take only one medicine at a time that contains acetaminophen.
- Avoid taking drugs containing acetaminophen for more than 10 days in a row.

Now You Know: You may not notice the signs and symptoms of liver damage right away because they take time to appear. Or, you may mistake early symptoms of liver damage (for example, loss of appetite, nausea, and vomiting) for something else, like the flu. Liver damage can develop into liver failure or death in only a few days.^{vi}

ALCOHOL + ACETAMINOPHEN

- Frequent alcohol use sensitizes your body to acetaminophen toxicity.^{vi}
- Avoid drugs containing acetaminophen if also consuming 3 or more alcoholic drinks in a 24-hour period.

Questions about your own Acetaminophen use? See your trainer and the staff at UVA Sports Medicine

Other Resources:
KnowYourDose.org
(Acetaminophen Awareness Coalition)

Poison Control:
1-800-222-1222
(Free, anonymous medication advice)

ⁱGet the Facts About Acetaminophen, (n.d.). In Know Your Dose, Acetaminophen Awareness Coalition.

ⁱⁱGet the Facts About Acetaminophen, (n.d.). In Know Your Dose, Acetaminophen Awareness Coalition.

ⁱⁱⁱCommon Medicines, (n.d.). In Know Your Dose, Acetaminophen Awareness Coalition.

^{iv}Acetaminophen Dosage, (n.d.). In Drugs.com.

^vGet the Facts About Acetaminophen, (n.d.). In Know Your Dose, Acetaminophen Awareness Coalition.

^{vi}Acetaminophen and Liver Injury: Q & A for Consumers (2009, June 24). In US Food & Drug Administration.

^{vii}National Advisory Council on Alcohol Abuse and Alcoholism, (2009, June 10). In National Institute on Alcohol Abuse and Alcoholism.

