

# Safe Acetaminophen (Tylenol®) Use

Acetaminophen, commonly known as the brand name Tylenol®, is a drug in widespread use. Because it can be bought without a doctor's prescription, it is thought to be harmless. When used as directed on the package, it is safe and effective. Incorrect use can cause damage to the liver or kidneys that is permanent.

Acetaminophen is used to treat many problems from fever to headaches and stiff muscles. It is also contained in drugs that help treat the common cold and trouble sleeping. Some prescription medicines also have acetaminophen as an ingredient. The problem arises when we use more than one of these drugs not knowing they all contain acetaminophen! We are then in danger of getting too much.

People who already have liver disease, kidney problems, use liver medications, or use alcohol regularly may be at higher risk for dangerous levels of acetaminophen.

Parents need to be extra careful to give the right dose of Acetaminophen to their children.

## Here are a few tips about the safe use of acetaminophen

- **ALWAYS READ** the label directions and only take the recommended amount.
- Never take more medicine, never use it more often or never use it longer than the bottle directs! More is not better!
- Remember that many products contain acetaminophen. Read the label for ingredients and do not take more than one product that has acetaminophen in it at the same time. Acetaminophen and Tylenol® are the same drug.
- Do not take aspirin products, herbals, or non-steroidal anti-inflammatory drugs along with acetaminophen unless told to do so by your healthcare provider.
- Do not use alcohol while on Acetaminophen.
- Never interchange Infant's Drops with Children's Tylenol®.
- If you think you or your child may have taken too much acetaminophen, seek emergency medical help right away, even if no symptoms are present. You may call the poison control center at 1-800-222-1222 or the emergency 911 number if available in your community.
- If you have any doubts or questions about how to take a medicine or if it has Acetaminophen in it, **ask the pharmacist or your healthcare provider**. It is better to be safe than sorry!



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The following is a list of medicines that contain Acetaminophen. New products may be added to the market at anytime so this list may not be complete.

## Prescription Drugs containing Acetaminophen

- Anolor®
- Axocet®
- Bupap®
- Butalbital acetaminophen and caffeine
- Darvocet N-100®
- Esgic®
- Hycomine cmpd
- Hydrocet®
- Hydrocodone and acetaminophen
- Lorcet®
- Lortab®
- Maxidone®
- Midrin®
- Norco 5/325®, 7.5/325, 10/325
- Oxycodone and acetaminophen
- Pentazocine and acetaminophen
- Percocet®
- Phenaphen and codeine
- Phrenilin®, forte
- Propoxyphene and acetaminophen
- Roxicet®
- Roxilox®
- Sedapap®
- Tylenol® with codeine #1
- Tylenol® with codeine #2
- Tylenol® with codeine #3
- Tylox®
- Ultracet®
- Vicodin, ES, HP
- Zydone®

## Over the counter

- All Tylenol® products
- Goody's body pain formula®
- Good's Extra Strength®
- Goody's pm®
- Panadol®
- Feverall®
- Anacin 3®
- Actifed® cold and sinus
- Benadryl® allergy and cold
- Coricidin® products
- Contac® products
- Dimetapp® nighttime, non-drowsy
- Drixoral allergy sinus, cold, and flu
- Aspirin free Excedrin®
- Vanquish®
- Excedrin® extra strength, migraine, pm
- Vick's 44M®, Dayquil®, Nyquil®
- Tempra®
- Maximum strength Midol® plus
- Percogesic®
- Robitussin® cold preparations, mutlisymptom, honey flu, nighttime, sinus and congestion
- Singlet®
- Sinutab® sinus allergy
- Alka seltzer® plus cold, cold and cough, nighttime and flu
- Sudafed® cold and cough, severe cold, sinus and cold, sinus, nighttime
- Tavist® allergy
- Theraflu® regular,max
- Triaminic® cough and sore throat, allergy and sinus, flu, cough and fever

® = Registered Trademark brand

### References:

Drug Information Query Acetaminophen. Retrieved January 19, 2004 from <http://medlineplus.gov> U.S. Food and Drug Administration. Use Caution with pain Relievers. Retrieved January 19, 2004 under Drug Information query Acetaminophen from <http://medlineplus.gov>.

Mayo Foundation for Medical Education and Research. Acetaminophen in Children: Is it Safe? Retrieved January 19, 2004 under Drug Information query Acetaminophen from <http://medlineplus.gov>