

## MEDICATION FOR PAIN AND/OR FEVER

**Do NOT take Aspirin for pain or fever associated with an acute illness.**

### Acetaminophen (Tylenol)

Adults: 325 mg tablet, 1-2 tablets every 4-6 hours, Maximum of 3500 mg per 24 hours

#### **Do NOT take acetaminophen (Tylenol) if:**

- You are taking any other pain medications/prescriptions that contain acetaminophen
  - You have chronic liver disease
  - You are allergic to acetaminophen (Tylenol)
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### Ibuprofen (Motrin, Advil)

Adults: 200 mg tablet, -2 tablets every 6 hours

#### **Do not take Ibuprofen (Motrin, Advil) if:**

- You have severe chronic kidney disease
  - You have a bleeding disorder
  - You are currently being treated for a “stomach ulcer”
  - You are taking any other prescription or over-the-counter “NSAIDS” (ask pharmacist if you are unsure)
  - You are allergic to aspirin/ibuprofen/naproxen/other NSAIDS
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## MEDICATION FOR CONGESTION:

PLAIN Antihistamines (Zyrtec OR Loratadine (Claritin) OR Diphenhydramine (Benadryl) OR Chlorpheniramine (Plain Coricidin)

Choose ONE of the above antihistamines for symptoms of congestion, sneezing, runny nose, sinus pressure. Follow dosing directions on the bottle.

Benadryl, Chlorpheniramine, and Zyrtec may cause drowsiness – no driving or operating machinery while taking these. These are OK to take for a short time if you have high blood pressure.

#### **Do not take antihistamines if:**

- You have prostate enlargement impairing ability to urinate or other condition causing difficulty urinating
  - You have angle-closure glaucoma (check with your eye care provider to find out what type of glaucoma you have)
  - You have allergy or adverse effect from antihistamines
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Antihistamine & Decongestant Combination (Zyrtec-D OR Loratadine-D) OR Plain Decongestant (Pseudoephedrine/Sudafed)

You may choose ONE of these INSTEAD of plain antihistamine IF APPROVED by your health care provider. Many health conditions can be affected by these medications.