

# Acetaminophen

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## What is acetaminophen?

- Acetaminophen is a non-opioid analgesic used to treat pain and fevers.
- It is mainly used alone to treat mild and moderate pain. It can be used with other medicine to treat moderate or severe pain.
- It is sometimes found in cough and cold medicines.

### Examples of acetaminophen:

- Tylenol®
- Tempra®

## How to use and store this medication

- These medications can be taken by mouth (tablet, liquid, or capsule) or in the rectum (suppository).
- Use the measuring device that comes with the product or the device given to you by your health care provider.
- Always follow the directions on the medication label unless your healthcare provider has told you to take acetaminophen differently.
- Do not take this medicine more than 5 times in 24 hours. Wait at least 4 hours between doses.
- Acetaminophen can be taken with or without food.

## If you miss a dose

- Take the dose as soon as you remember.
- If it is almost time for your next dose, skip the missed dose and continue with the next dose at the regular time.
- Do not take extra medicine to make up for a missed dose.
- If you are unsure what to do about a missed dose, contact your healthcare provider or pharmacist.

## Safety measures

- Acetaminophen is found in many combination products, like cough and cold medicine. Check the ingredients and track the total amount of acetaminophen you take each day.
- Too much acetaminophen can harm the liver. Ask your healthcare provider if you are concerned about giving too much.

## Side effects

- When acetaminophen is used in safe amounts, side effects are rare.

- Some mild side effects that may occur:
  - Upset stomach: try taking the next dose with food
  - Skin rash or itching

**Call your healthcare provider or BC Drug and Poison Information Centre  
(604) 682-5050 if:**

- You worry that you have taken too much acetaminophen, OR
- You experience any of these symptoms:
  - Swelling of their face, tongue, or throat
  - Severe diarrhea
  - Severe cramps or stomach pain

