

Acetaminophen: it's in more medicines than you might think



Acetaminophen is found in more than 600 different prescription and over-the-counter medicines. These include pain relievers, fever reducers, cough, cold, and allergy medicines, as well as sleep aids. It is the most common drug ingredient in America.

When you take acetaminophen as directed, it is safe and effective. But there is a limit to how much you can take in one day. Taking more acetaminophen than directed is an overdose and can lead to liver damage.

Follow these three steps to help you take acetaminophen safely:

▶ **Always read and follow the label**

Always read the label before taking any medicine. Never take more acetaminophen than the label says. Taking too much can lead to liver damage.

▶ **Know if your medicines contain acetaminophen**

You need to know if acetaminophen is in the medicines you take so you can avoid taking too much. Here's how to find out:

- If you are taking an over-the-counter medicine, check the front of the package and the “active ingredient” section of the **Drug Facts** label for the word “acetaminophen.”
- For prescription medicine, look for the word “acetaminophen” or a shorter version such as “APAP” or “acetam” on the label.

▶ **Never take two medicines that contain acetaminophen at the same time**

Don't take two or more medicines that contain acetaminophen at the same time. Taking too much acetaminophen can cause liver damage.

For more information, talk to your healthcare professional or visit KnowYourDose.org or call 1-800-GO-LIVER / 1-800-465-4837