Create Your Pain Management Plan

Experts highly recommend building a plan that combines more than one pain relief therapy, with the help of your healthcare professional. And even if an opioid is needed, making a plan is proven to help you take lower doses and stop sooner.

Take the first step
Fill out this form and take it to your next appointment.

Make personal goals
Getting back to your regular activities is a top priority. Check the goals that matter to you.

- Spend time with family/friends
- Go for walks
- Go back to work
- Exercise, such as: ____________________________
- Hobbies, such as: ____________________________
- Other: ____________________________

Speak up
In order to help you, your healthcare professional needs to hear your thoughts. Check the statements that reflect your feelings.

- I am worried about side effects of opioids (habit-forming, drowsiness, constipation)
- I am interested in non-opioid medicines for pain relief
- I am interested in non-drug therapies to relieve pain
- Other: ____________________________

Ask about non-opioid pain relievers
Over-the-counter (OTC) pain relievers
Evidence shows that OTC pain relievers, acetaminophen and NSAIDs (nonsteroidal anti-inflammatory drugs), are effective, and help reduce the need for opioids when used as part of a combination pain plan.

Check the ones you already use.

- Acetaminophen (for example, Tylenol®)
- Ibuprofen (for example, Motrin® IB, Advil®)
- Naproxen sodium (for example, Aleve®)
- Aspirin (for example, Bayer® Extra Strength)

Prescription non-opioid pain relievers
- I am interested in prescription medicines that relieve pain without the side effects of opioids.

Remember to tell your healthcare professional all medications and supplements you are taking.

- I currently take: ____________________________

Ask about non-drug therapies
Check the types you want to know more about.

- Mind-body methods (for example, relaxation techniques)
- Alternative methods (for example, massage or acupuncture)
- Devices (for example, electrical nerve stimulation)

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See back
## Keep moving toward relief
- Set and track your personal goals and your pain. **Work with your healthcare professional to make changes to your plan if needed**
- Determine which OTC pain reliever and dose is right for you

## Follow the dosing directions for effective pain relief
### OTC pain relievers dosage chart for adults and children 12 years and older

<table>
<thead>
<tr>
<th>Medicine</th>
<th>AMOUNT</th>
<th>DOSE &amp; FREQUENCY</th>
<th>DAILY LIMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Acetaminophen</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular strength</td>
<td>325 mg per pill</td>
<td>2 pills every 4 to 6 hours while symptoms last</td>
<td>Do not take more than 10 pills in 24 hours, unless directed by a doctor</td>
</tr>
<tr>
<td>Extra strength</td>
<td>500 mg per pill</td>
<td>2 pills every 6 hours while symptoms last</td>
<td>Do not take more than 6 pills in 24 hours, unless directed by a doctor</td>
</tr>
<tr>
<td>Extended release</td>
<td>650 mg per pill</td>
<td>2 pills every 8 hours</td>
<td>Do not take more than 6 pills in 24 hours</td>
</tr>
<tr>
<td><strong>Naproxen sodium</strong></td>
<td>220 mg per pill</td>
<td>1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour)</td>
<td>Do not take more than 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours</td>
</tr>
<tr>
<td><strong>Aspirin</strong></td>
<td>325 mg per pill</td>
<td>1 or 2 pills every 4 hours, or 3 pills every 6 hours</td>
<td>Do not take more than 12 pills in 24 hours</td>
</tr>
<tr>
<td><strong>Ibuprofen</strong></td>
<td>200 mg per pill</td>
<td>1 pill every 4 to 6 hours while symptoms last (if pain or fever does not respond to 1 pill, 2 pills may be used)</td>
<td>Do not take more than 6 pills in 24 hours, unless directed by a doctor</td>
</tr>
</tbody>
</table>

**Ibuprofen dosage daily limit**
- **1,200 mg**
  - For your safety, do not take more than this amount in 24 hours

**Naproxen sodium dosage daily limit**
- **660 mg**
  - For your safety, do not take more than this amount in 24 hours

**Aspirin dosage daily limit**
- **4,000 mg**
  - For your safety, do not take more than this amount in 24 hours

**Acetaminophen dosage daily limit**
- **4,000 mg**
  - For your safety, do not take more than this amount in 24 hours

Some acetaminophen labels specify a 3,000 mg per day limit. Do not exceed the daily limit on the label. Consult your healthcare professional if you have questions.

It is important to always read and follow the label. If you have any questions, ask your healthcare professional which product may be right for you.

## Remember!
- Take **ONLY 1** medicine that contains the same kind of active ingredient (acetaminophen or NSAID) at a time
- **Do not exceed the dose** on the label directions
- For NSAIDs, take the smallest effective dose—and take it for the shortest amount of time needed

## Why?
- If you take more than 1 medicine with the same kind of active ingredient at a time, it can increase your chance of harmful side effects
- Taking more than directed does NOT equal faster relief. It can also lead to harmful side effects

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