

DOSAGE CHARTS

The charts below are the FDA suggested OTC and prescription strength dosages for over-the-counter pain medications for adults and adolescents. Please note that these are not required medications but may be recommended for pain management by your provider. This form should be used only as a guide by our patients. Before taking ANY medications, please verify their use, dose, and possible side effects with your primary care physician. Take only as directed.

NSAIDS

NSAIDs nonsteroidal anti-inflammatory drugs	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Ibuprofen <i>for example</i> Motrin® IB and Advil®	200 mg per pill	1-2 pills every 4 to 6 hours (OTC use) 4 pills every 6-8 hours* (Prescription Strength)	Do not take >16 pills in 24 hrs. Do not take max daily limit longer than 10 consecutive days unless instructed.
The daily MAXIMUM limit of ibuprofen is 3,200 mg For your safety, do not take more than this amount in 24 hours *Only if prescribed by your provider			
Naproxen sodium <i>for example</i> Aleve®	220 mg per pill	1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour)	Do not take more than 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours
The daily limit of naproxen sodium is 660 mg For your safety, do not take more than this amount in 24 hours			
Aspirin low dose <i>for example</i> Bayer® Low Dose	81 mg per pill	4 or 8 pills every 4 hours	Do not take more than 48 pills in 24 hours
Aspirin regular strength <i>for example</i> Bayer® Regular Strength	325 mg per pill	1 or 2 pills every 4 hours, or 3 pills every 6 hours	Do not take more than 12 pills in 24 hours
The daily limit of aspirin is 4,000 mg For your safety, do not take more than this amount in 24 hours			
Aspirin extra strength <i>for example</i> Bayer® Extra Strength	500 mg per pill	1 or 2 pills every 4 to 6 hours	Do not take more than 8 pills in 24 hours

ACETAMINOPHEN

Acetaminophen	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Acetaminophen regular strength <i>for example</i> Tylenol® Regular Strength	325 mg per pill	2 pills every 4 to 6 hours while symptoms last	Do not take more than 10 pills in 24 hours, unless directed by a doctor
Acetaminophen extra strength <i>for example</i> Tylenol® Extra Strength	500 mg per pill	2 pills every 6 hours while symptoms last	Do not take more than 6 pills in 24 hours, unless directed by a doctor
The daily limit of acetaminophen is 4,000 mg For your safety, do not take more than this amount in 24 hours			
Acetaminophen extended release <i>for example</i> Tylenol® 8HR Arthritis Pain	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours

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For Children / Adults (95 lbs or less)

Ibuprofen Dosage Chart

Child's weight	Oral Drops (50mg/1.25mL)	Suspension 100mg/5mL	Chewable Tablet 50 mg each	Chewable Tablet 100 mg each	Caplets 100 mg each
12 - 17 lbs	1.25 mL	2.5 mL			
18 - 23 lbs	2.5 mL	5 mL	2 tab	1 tab	
24 - 35 lbs	3.75 mL	7.5 mL	3 tabs	1.5 tabs	
36 - 47 lbs	5 mL	10 mL	4 tabs	2 tabs	2 caps
48 - 59 lbs		12.5 mL	5 tabs	2.5 tabs	2.5 caps
60 - 71 lbs		15 mL	6 tabs	3 tabs	3 caps
72 - 95 lbs		20 mL	8 tabs	4 tabs	4 caps

Acetaminophen Dosage Chart

Child's weight	Suspension (160mg/5mL)	Chewable Tablet 80 mg each	Chewable Tablet 160 mg each
6 - 11 lbs	1.25 mL		
12 - 17 lbs	2.5 mL		
18 - 23 lbs	3.75 mL		
24 - 35 lbs	5 mL	2 tabs	
36 - 47 lbs	7.5 mL	3 tabs	
48 - 59 lbs	10 mL	4 tabs	2 tabs
60 - 71 lbs	12.5 mL	5 tabs	2.5 tabs
72 - 95 lbs	15 mL	6 tabs	3 tabs
> 95 lbs			4 tabs

