

Take Home Reference Sheet

Daily Limits for OTC Products

- 1) Maximum daily dose of Aspirin is 4 grams for pain relief, but for heart attack and stroke prevention the typical dose is 81 mg daily.
- 2) Currently, the daily limit of Acetaminophen is still 4 grams daily
 - a. Limit may be lowered to 3 grams daily, and Vicodin will only contain 325 mg per tablet
- 3) The limit of Ibuprofen for regular pain relief/fever reduction is 1.2 gram daily without doctor supervision, and 2.4 gram daily with doctor supervision
- 4) Daily limit of Naproxen is 1.25 grams daily

****** Always best to double-check with your primary physician on what dose would be safe and correct for you.

OTC Pain Medication Reference

- **<http://familydoctor.org/online/famdocen/home/otc-center/otc-medicines/862.html>**
 - Great resource, created by the American Academy of Family Physicians

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- ***There will be a safe medication disposal event Saturday, April 9th from 9 to 3 at the TCAT bus garage, located at 737 Willow Ave. Ithaca, NY***
 - ***Any other questions, call 273-8381***

