

Acetaminophen-Ibuprofen Schedules

1. High-dose - for people with no liver problems or Hepatitis C, and with no stomach ulcers or gastric bypass surgery.

Instructions:

Take **two 500-mg acetaminophen pills 4 times a day** (extra-strength Tylenol, 1000 mg per dose = 4000 mg per 24 hrs)
AND take **three 200-mg ibuprofen pills 4 times a day** (regular strength Advil, 600 mg per dose = 2400 mg per 24 hrs)

<p>Example:</p> <p>6 am, take 2 APAP + 3 ibuprofen. Noon, take 2 APAP + 3 ibuprofen. 6 pm, take 2 APAP + 3 ibuprofen. Midnight, take 2 APAP + 3 ibuprofen.</p> <p style="text-align: center;"><u>Midnight to 6am, no medicine!</u></p>	<p>OR:</p> <p>7 am, take 2 APAP + 3 ibuprofen. Noon, take 2 APAP + 3 ibuprofen. 5 pm, take 2 APAP + 3 ibuprofen. 10 pm, take 2 APAP + 3 ibuprofen.</p> <p style="text-align: center;"><u>10pm to 7 am, no medicine!</u></p>	<p style="text-align: center;"><u>WARNING:</u></p> <p>⇒ NO MORE THAN 4000 mg APAP daily! ⇒ NO OTHER NSAIDs (naproxen/ Aleve)!</p> <p>⇒ <i>If your stomach hurts, if you vomit, or if you get an all-over rash, stop all meds. <u>Call the doctor.</u></i></p> <p>⇒ <i>If you have an asthma attack, throat swelling, or can't breathe, <u>call 911</u> or go to <u>Emergency Room.</u></i></p>
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*Do not take any other form of acetaminophen (APAP, Tylenol, Nyquil, Allerst, Percocet, Vicodin, etc).
Do not take any other NSAIDs (naproxen/Naprosyn/Aleve, aspirin/Exedrine/Alka-Seltzer, ketorolac/Toradol).*

2. Low-acetaminophen - for people with liver problems or hepatitis C.

Instructions:

Take **one 500-mg acetaminophen pill 4 times a day** (extra-strength Tylenol, 500 mg per dose = 2000 mg per 24 hrs)
AND take **three 200-mg ibuprofen pills 4 times a day** (regular strength Advil, 600 mg per dose = 2400 mg per 24 hrs)

<p>Example:</p> <p>6 am, take 1 APAP + 3 ibuprofen. Noon, take 1 APAP + 3 ibuprofen. 6 pm, take 1 APAP + 3 ibuprofen. Midnight, take 1 APAP + 3 ibuprofen.</p> <p style="text-align: center;"><u>Midnight to 6am, no medicine!</u></p>	<p>OR:</p> <p>7 am, take 1 APAP + 3 ibuprofen. Noon, take 1 APAP + 3 ibuprofen. 5 pm, take 1 APAP + 3 ibuprofen. 10 pm, take 1 APAP + 3 ibuprofen.</p> <p style="text-align: center;"><u>10pm to 7 am, no medicine!</u></p>	<p style="text-align: center;"><u>WARNING:</u></p> <p>⇒ NO MORE THAN 4000 mg APAP daily! ⇒ NO OTHER NSAIDs (naproxen/ Aleve)!</p> <p>⇒ <i>If your stomach hurts, if you vomit, or if you get an all-over rash, stop all meds. <u>Call the doctor.</u></i></p> <p>⇒ <i>If you have an asthma attack, throat swelling, or can't breathe, <u>call 911</u> or go to <u>Emergency Room.</u></i></p>
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Do not take any other NSAIDs (naproxen/Naprosyn/Aleve, aspirin/Exedrine/Alka-Seltzer, ketorolac/Toradol).*

3. No-ibuprofen - for people with stomach ulcers or gastric bypass.

Instructions:

Take **two 500-mg acetaminophen pills 4 times a day** (extra-strength Tylenol, 500 mg per dose = 4000 mg per 24 hrs)

<p>Example:</p> <p>6 am, take 2 APAP Noon, take 2 APAP 6 pm, take 2 APAP Midnight, take 2 APAP</p> <p style="text-align: center;"><u>Midnight to 6am, no medicine!</u></p>	<p>OR:</p> <p>7 am, take 2 APAP Noon, take 2 APAP 5 pm, take 2 APAP 10 pm, take 2 APAP</p> <p style="text-align: center;"><u>10pm to 7 am, no medicine!</u></p>	<p style="text-align: center;"><u>WARNING:</u></p> <p>⇒ NO MORE THAN 4000 mg APAP daily! ⇒ NO NSAIDs (ibuprofen, naproxen, etc)!</p> <p>⇒ <i>If your stomach hurts, if you vomit, or if you get an all-over rash, stop all meds. <u>Call the doctor.</u></i></p> <p>⇒ <i>If you have an asthma attack, throat swelling, or can't breathe, <u>call 911</u> or go to <u>Emergency Room.</u></i></p>
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Do not take any other NSAIDs (naproxen/Naprosyn/Aleve, aspirin/Exedrine/Alka-Seltzer, ketorolac/Toradol).*