

Acetaminophen ("Tylenol," "APAP") Worksheet

Using this handy worksheet, calculating how much acetaminophen you can safely take can now be as simple and fun as calculating your income taxes!

A) Pain pills containing acetaminophen ("APAP"): Amount of APAP per pill: _____ mg per pill.

B) Maximum number of pain pills you are allowed to take per day: _____ pills per day, max.

C) Multiply A x B: _____ mg APAP from pain pills alone, max.

D) List any over-the-counter remedies you take, that contain acetaminophen (examples: Allerest, Alka-Seltzer, Anacin, Comtrex, Exedrin, NyQuil/DayQuil, Robitussin, Sudafed, etc. - read labels).

Don't use any of these? Please skip to section I.

E) Amount of APAP per dose of over-the-counter remedy you will take per day:

_____ mg APAP per dose _____ mg APAP per dose _____ mg APAP per dose _____ mg APAP per dose

F) Maximum number of doses you would take per day:

_____ doses per day _____ doses per day _____ doses per day _____ doses per day

G) Multiply ExF for maximum mg APAP you would get from each over-the-counter remedy alone, at maximum daily dosage:

_____ mg APAP per day (E x F) _____ mg APAP per day (E x F) _____ mg APAP per day (E x F) _____ mg APAP per day (E x F)

H) Add C + G: _____ mg APAP from pain pills plus over-the-counter remedies, per day.

I) Maximum dosage APAP you personally can safely take daily, from all sources: _____ mg daily.

(Examples: with active liver disease, heavy NSAID use, or heavy drinking: 2000 mg per day. With normal liver function: 4000 mg per day.)

J) Subtract H from I: _____ mg, total plain APAP you can take daily, in addition to pain medicine and over-the-counter remedies.

K) If you use 325-mg acetaminophen pills ("regular strength"), divide J by 325, to get the total number of these you can take per day, in addition to pain medicine and over-the-counter remedies (round down to a whole number): _____ pills of plain APAP per day, max.

OR

If you use 500-mg acetaminophen pills ("extra strength", "8-hr" or "PM"), divide J by 500, to get the total number of these you can take per day, in addition to pain medicine and over-the-counter remedies (round down to a whole number): _____ pills of plain APAP per day, max.

OR

If you use 650-mg acetaminophen pills ("arthritis strength"), divide J by 650, to get the total number of these you can take per day, in addition to pain medicine and over-the-counter remedies (round down to a whole number): _____ pills of plain APAP per day, max.

L) To know how many acetaminophen pills you can safely take every 4 hours (in addition to pain medication and over-the-counter remedies), divide K by 6: _____ **pills of plain APAP every four hours, in addition to pain pills and over-the-counter remedies.**