

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.



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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
- Exercise, such as _____
- Go for walks
- Hobbies, such as: _____
- Go back to work
- 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® 1B, 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)



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



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OTC pain relievers dosage chart for adults and children 12 years and older.

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
Acetaminophen extended release <i>for example</i> Tylenol® SHR Arthritis Pain	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours

Acetaminophen

dosage daily limit is **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.

NSAIDs (Nonsteroidal Anti-Inflammatory Drugs)	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Ibuprofen <i>for example</i> Motrin® IB and Advil®	200 mg per pill	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)	Do not take more than 6 pills in 24 hours, unless directed by a doctor

Ibuprofen

dosage daily limit is **1,200 mg.**

For your safety, do not take more than this amount in 24 hours.

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
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Naproxen sodium

dosage daily limit is **660 mg.**

For your safety, do not take more than this amount 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
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

Aspirin

dosage daily limit is **4,000 mg.**

For your safety, do not take more than this amount in 24 hours.

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.

Credit: Get Relief Responsibly

