



What's the deal with double dosing?

Too much Acetaminophen, that's what!

FACT: Acetaminophen is the #1 cause of liver damage in the U.S.

- Acetaminophen is found in many over-the-counter (OTC) products, like Tylenol, Anacin, Excedrin, Liquiprin, Midol, Panadol, Robitussin, Sudafed, Tavist, TheraFlu, Traminic, Vick's, generic products, and prescription drugs (e.g., Tylenol with codeine).

FACT: If you take more than one medicine that has acetaminophen you are at risk.

FACT: Acetaminophen is the most widely used pain killer medicine in the U.S.

- It is widely used in many prescription and non-prescription products — for headache, menstrual pain, general aches and pains, fever, and other pains.
- In any given week, some 23 percent of adults (48.1 million people) report using acetaminophen-containing products.

FACT: As consumers and patients we don't read the medicine label carefully.

- 56 percent do not read what active ingredients are in their medicines.
- 80 percent say they do not read the medicine label for possible side effects.

FACT: Liver damage from too much acetaminophen can be prevented.

Lower Your Risk!

- Read your medicine labels. Compare the active ingredient sections.
- Do not take two different products—both containing acetaminophen. If unsure, ask your doctor or pharmacist about which medicines might be best for you.
- If you think you have taken too much acetaminophen, seek medical attention right away.
- Be especially careful with medicines you give to children. Many fever reducers and cough/cold products given to children contain acetaminophen.

Some Possible Signs of Acetaminophen Overdose

- **Body as a whole:** sweating, convulsions
- **Gastrointestinal:** diarrhea, upset stomach, appetite loss, nausea and/or vomiting
- **Nervous System:** Irritability, coma

NOTE: Symptoms may be delayed for 12 hours after acetaminophen has been swallowed.

