

When should I take: acetaminophen ibuprofen?



While both acetaminophen and ibuprofen provide relief, these popular pain medications treat different ailments. Find out which remedy is best for you and how to take it correctly.



- VS. -



ACETAMINOPHEN (Tylenol)

IBUPROFEN (Advil or Motrin)

Best for

Pain Relief

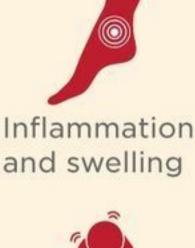
Best for







Muscle aches and joint pain





Possible Side Effects





- Warning: Stop
- taking immediately if a rash occurs.





- Tip: Take with food

to help prevent upset

stomach and ulcers.

Toxicity





Be cautious of taking cold

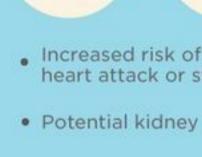
taken pain medicine. Many

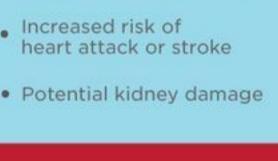
acetaminophen, which may

or "Acetam."

appear abbreviated as "APAP"

medications if you've already





Caution

Other over-the-counter

products like naproxen

(Aleve) are in the same

class as ibuprofen and

should not be taken

together.

cold medications also contain

WARNING

Do NOT take:

YYY

If you drink more than 3 alcoholic drinks per day



blood pressure medication

Do NOT take:

From the expert

"Both acetaminophen and ibuprofen are helpful for pain relief and reducing fever. However, ibuprofen also helps reduce swelling, while acetaminophen is generally safer and rarely has side effects. Remember that although both medications are available over-thecounter, each still carries risks. Only take on an as-needed basis and be careful not to exceed the recommended daily maximum dosage."

 Marwah Desoky, lead pharmacist at Sharp Coronado Community Pharmacy



SHARP.