



## Patient Education

### Pain Medication Information

**Upon arrival for your procedure, please update your healthcare provider with the following information:**

- Pain medications that you are **NOT** able to take for any reason, such as allergy or intolerance, OR those that **do not** work for you.
- Pain medications that you have used in the past that **do** work well.
- Whether you are presently taking any other pain medications.

#### Over-the-counter pain medication options:

**NSAIDS** non-steroidal anti-inflammatory drugs, include Ibuprofen, Motrin & Advil.

**How they work:** Nonsteroidal anti-inflammatory drugs reduce pain, decrease fever, and, in higher doses, decrease inflammation. Use with caution, and let your doctor know if you have a history of kidney problems. *You can take **up to 600 mg of Ibuprofen every six (6) hours as needed for pain.***

**Acetaminophen** Tylenol. Regular strength tablets are 325 mg, extra strength are 500 mg.

**How it works:** Acetaminophen is a pain reliever and a fever reducer. It is used to treat conditions such as headache, muscle aches, arthritis, backache, toothaches, colds and fevers. Use with caution, and let your doctor know if you have a history of liver problems. *You can take **up to 1,000 mg of Acetaminophen (Tylenol) every six (6) hours as needed for pain, a maximum of 4,000 mg in 24 hours.***

For best pain coverage, it is recommended that you alternate these medications every 3 hours. For example:

**8 a.m.** Take Ibuprofen.  
**11 a.m.** Take Tylenol.  
**2 p.m.** Take Ibuprofen.  
**5 p.m.** Take Tylenol.

These are the maximum doses that can be taken. If your pain is under control, we encourage you to increase the length of time in between doses.



**Hydrocodone, Oxycodone and Tramadol are common prescription-only narcotic pain medications.**

- Hydrocodone/acetaminophen 5/325 mg (Vicodin) is 5 mg of a narcotic (hydrocodone) mixed with 325 mg of Tylenol.
- Oxycodone/acetaminophen 5/325 mg (Percocet) is 5 mg of a narcotic (oxycodone) mixed with 325 mg of Tylenol.

**IMPORTANT:** If you are taking either one of these medications and are trying to transition to over-the-counter pain medications, be sure that you count the amount of acetaminophen in each of these tablets towards your recommended maximum dosage.