



Could you be taking too much Tylenol (acetaminophen)?

The drug acetaminophen, also known as Tylenol[®], is one of the most popular pain relievers. However, did you know that acetaminophen could be poisonous if not taken the right way?

Acetaminophen is also found in other cold and flu drugs, such as:

- 4NyQuil[®]
- 4TheraFlu[®]
- 4Alka-Seltzer Plus Cold Medicine[®]
- 4Tylenol Cold and Flu Severe[®]
- 4Excedrin[®]
- 4Midol[®] (Teen Formula)

Acetaminophen can also be found in some prescription drugs like Vicodin[®] and Percocet[®].

Tips on how you can avoid acetaminophen poisoning?

- **Know the maximum daily dose:** The maximum daily dose for adults is 4 grams, or 4,000 milligrams.
- **Read the label:** Make sure you know if the product you are taking has acetaminophen. Also, how much it contains. The labels may have "APAP," which also means acetaminophen.
- **Be aware of the total acetaminophen dose when taking other medications:** Remember that acetaminophen can be found in both over-the-counter and prescription medications.
- **Watch out when drinking alcohol:** If you have three or more drinks a day, talk to your doctor before taking acetaminophen.
- **Talk with your doctor or pharmacist:** If you have questions, be sure to ask them.

How much acetaminophen is in some of the over-the-counter medications available?

Medication	Dosage	Amount of Acetaminophen	Maximum Dose for 24 hr. Period
Tylenol Extra Strength	1 tablet	500 milligrams	8 tablets
Tylenol Arthritis Strength	1 tablet	650 milligrams	6 tablets
Midol (Teen Formula)	1 tablet	500 milligrams	8 tablets
NyQuil (Cold and Flu)	1 adult dose	500 milligrams	8 doses
Tylenol (Cold and Flu Severe)	1 adult dose	1,000 milligrams	4 doses

Most people can safely take the recommended four-gram daily maximum for adults. It is equal to eight tablets of Tylenol Extra Strength (over a 24-hour period). Please note, after taking eight grams in one day, some people may have problems whose liver is stressed by a virus, medication, alcohol or other factors.

Please remember that when given correctly, acetaminophen is safer for children and teenagers than aspirin. For adults, low doses of acetaminophen are less likely than aspirin, ibuprofen or naproxen (found in Aleve[®]) to harm the stomach, aggravate bleeding or harm the kidneys.