

# Acetaminophen

is in more medicines than you might think



**Acetaminophen** is the most common drug ingredient in America. It is found in more than 600 different prescription and over-the-counter medicines, including pain relievers, fever reducers, and sleep aids as well as cough, cold, and allergy medicines.

When used as directed, acetaminophen is safe and effective. But there is a limit to how much you can take in one day. Taking more acetaminophen than directed is an overdose and can lead to liver damage.

Follow three simple steps when using acetaminophen:

▶ **Always Read and Follow the Label**

Never take more medicine than the label says. Taking more acetaminophen than directed is an overdose and can lead to liver damage.

▶ **Know if Your Medicines Contain Acetaminophen**

It is important to check the active ingredients in all of your medicines to see if they contain acetaminophen. On over-the-counter medicines the word “acetaminophen” is listed on the front of the package or bottle and in the active ingredient section of the Drug Facts label. On prescription labels, acetaminophen is sometimes listed as “APAP,” “acetam,” or other shortened versions of the word.

▶ **Never Take Two Medicines that Contain Acetaminophen at the Same Time**

Always check the labels of your prescription and over-the-counter medicines to see if they contain acetaminophen. You can take too much acetaminophen if you use more than one medicine that contains acetaminophen at the same time.

For more information, talk to your healthcare professional or visit

**KnowYourDose.org**  
Acetaminophen Awareness Coalition