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USING TYLENOL/ACETAMINOPHEN SAFELY

Tylenol is an effective and useful medication. It is found in many pain-relievers both alone and in combination with other medications.

The key to safe and proper use is making sure you stay within appropriate dosing guidelines.

Tylenol is a very dangerous medication if taken in excessive dosage. It is particularly capable of injuring the liver when taken in massive doses with intention to harm oneself....yet, it can be used safely if you use your head.

Pro's:

- Effective for pain relief
- Does not bother the stomach
- Does not interact with other medications, including Coumadin (warfarin)

Con's:

- Long-term use can bother the kidneys (over several months time)
- Not effective for inflammation

Taking Tylenol/Acetaminophen Properly:

DOSING:

Total Tylenol/Acetaminophen dosing should not exceed 4,000mg total in a day. This includes all forms of Acetaminophen that may come in cold preparations or pain medications.

Proper dosing: 500-1300mg per dose, up to 4 times daily (not to exceed the 4,000mg maximum above)

MONITORING:

Regular Use:

If you take the medication regularly for more than 3 months, I recommend a test of kidney and liver function to confirm safety.

Ongoing use:

If you take it ongoing, then twice yearly blood testing is appropriate for safety