

# KnowYourDose.org

Acetaminophen Awareness Coalition

Your medicine contains acetaminophen, the most common drug ingredient in America. Acetaminophen 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.

On prescription labels, acetaminophen is sometimes listed as "APAP," "acetam," or other shortened versions of the word. 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 than directed is an overdose and can lead to liver damage.

Remember to follow these simple steps when using acetaminophen:

- ▶ Always read and follow the label,
- ▶ Know if your medicines contain acetaminophen, and
- ▶ Never take two medicines that contain acetaminophen at the same time.

For more information, talk to your healthcare professional. Visit **KnowYourDose.org** for tips on reading your prescription and over-the-counter labels and for a list of common medicines that contain acetaminophen.

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