

Alternating Ibuprofen OTC (Advil, Motrin, etc.) and
Acetaminophen OTC (Tylenol)

****For controlling pain without opioid-based, prescription pain medication****

- 1. Take two tablets of Ibuprofen OTC (200 mg Tabs)**
- 2. Wait four hours**
- 3. Take one tablet of Extra Strength Acetaminophen OTC (Extra Strength Tylenol 500 mg tablet)**
- 4. Wait four hours.**
- 5. Repeat cycle with Ibuprofen**