

Tylenol (Acetaminophen) can be deadly poison if overdose

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Acetaminophen (e.g. Tylenol, Acephen, MAPAP, Q-Pap, Valorin) has less anti-inflammatory effects than NSAIDs; it has less side effects on the GI tract. Also, it is a very effective medication to treat pain and fever. For these reasons, acetaminophen is one of the most commonly used ingredients in over-the-counter medications. You can find acetaminophen in OTC medications that treat “cold”, “arthritis pain”, and “fever”. (please see the link below to see detail list of over-the-counter medications that contains acetaminophen).

Although acetaminophen seems mild and effective; it can cause severe adverse drug effects- lethal liver failure then death; if patients chronically take more than 4 g daily or acutely ingest a large dose of the drug .

It is worth to mentioning, acetaminophen is also a common ingredient used in combination with opioid pain medications, such as acetaminophen/codeine (e.g. Tylenol #3), acetaminophen/hydrocodone (e.g. Vicodin, Lorcet), or acetaminophen/oxycodone (Percocet), etc.

Clinicians suggest the **sum of ALL resources of acetaminophen** shall not exceed 4 g in 24 hours. **Patient and caregiver need to count daily acetaminophen intake;** from over-the-counters as well as prescriptions.

Chronic use of acetaminophen, particularly when patient has liver disease(s) or chronic alcohol abuse will increase the chance of acetaminophen intoxication; as a result, clinicians recommend a daily maximum dose of 2 gram to those populations.

Infant and children are dosed by weight; as a parent or caregiver, you should always make sure to double check dosage yourself before give to your child (usual range is 10-15 mg/kg/dose, and given every 4-6 hours as needed, do not exceed 5 doses in a day). You also need to pay attention to any allergic reactions, such as skin rash or worsening symptoms of cold (e.g. fatigue, nausea, vomiting, etc.); although rare, those allergic reactions can be lethal, too. (<https://www.fda.gov/drugs/drugsafety/ucm363041.htm> severe skin reactions of acetaminophen). Please use the recommended dose information on the medication bottle for right dose. If you have any doubt about the dose, please call your healthcare provider, pharmacist, or directly contact me at www.mtมป์atmankato.com.

In summary, acetaminophen cause 50% of acute liver failure cases in USA. It is a very popular ingredient in over-the-counter pain, fever, and cold medications. Although it has less side effects on the GI tract and seems mild and less harmful; the chronic overdose or acute overdose of acetaminophen can be lethal. Populations who have chronic liver disease or chronic alcohol use are more vulnerable to overdose of acetaminophen; and their

maximum daily acetaminophen dose is 2 g (4 tablet of 500 mg tablet).

Next time, I will talk about the acetaminophen mechanism of toxicity, treatment, and prevention. See you next time.

For more details on brand medications that contain acetaminophen look here:
website:<https://medlineplus.gov/druginfo/meds/a681004.html>).

For more information about acetaminophen safety , please watch these youtube videos:

(<https://www.youtube.com/watch?v=8eams47ohM4>

How dangerous is acetaminophen? and

<https://www.youtube.com/watch?v=cBDOx85Ywck&feature=youtu.be>

Taking Acetaminophen Safely)