

NOTES AND INSTRUCTIONS ON PAIN MEDICATION

For everyone:

- The goal is to stagger the dosing of pain medication to maintain a therapeutic level at all times.
- Take 800 mg Motrin every 8 hours. Begin immediately after eating initial light meal.

For moderate pain:

- 4 hours after taking Motrin, take Extra Strength Tylenol (500 mg).
- Take the Extra Strength Tylenol every 8 hours alternating with the Motrin
- Example:
 - 12:00 (noon): Motrin
 - 4:00 p.m.: Tylenol
 - 8:00 p.m.: Motrin
 - 12:00 (midnight): Tylenol

For severe pain:

- 1-2 hours after taking Motrin, take Norco with food as needed and as prescribed.
- Example:
 - If prescribed to take Norco every 4 hours
 - 12:00 (noon): Motrin
 - 1:00 p.m.: Norco
 - 5:00 p.m.: Norco
 - 8:00 p.m.: Motrin
 - 9:00 p.m.: Norco
 - If prescribed to take Norco every 6 hours
 - 12:00 (noon): Motrin
 - 1:00 p.m.: Norco
 - 7:00 p.m.: Norco
 - 8:00 p.m.: Motrin
 - 1:00 a.m. Norco

Do not take both Tylenol and Norco. Only take one or the other because Norco contains Tylenol. Continue Motrin with either.