FAIRVIEW PHARMACY — EST. 1978

Taking ibuprofen safely

ibuprofen (Advil, Motrin) · pain and fever relief

3 MISTAKES TO AVOID

1. **More than the label allows**
   OTC: 1 tablet every 4 to 6 hours, no more than 6 in 24 hours.
2. **Missing heart and stomach warning signs**
   NSAIDs raise heart attack, stroke and stomach bleeding risk.
3. **Using it when you shouldn't**
   Not around heart bypass surgery, or after an allergy to a pain reliever.

How to take it (OTC 200 mg)

- **1 tablet every 4 to 6 hours.** If 1 doesn't help, 2 may be used. **No more than 6 in 24 hours.**
- Not for pain more than **10 days** or fever more than **3 days** without a doctor.
- Don't take it with another NSAID such as naproxen, aspirin for pain, or a prescription NSAID.
- Low-dose aspirin for your heart? Ask your doctor about timing.

Ask a doctor first if you have

- Kidney or heart disease, high blood pressure, liver cirrhosis, asthma, ulcers, or past stroke
- A blood thinner, steroid or water pill
- Age 60+, past ulcers or bleeding, or 3+ alcoholic drinks a day: higher bleeding risk
- **Pregnant?** Avoid it at 20 weeks or later unless your doctor says to use it.

IMPORTANT

Do not use right before or after heart bypass surgery, or if you've had an allergic reaction to ibuprofen or another pain or fever reliever.

EMERGENCY: CALL 911

Chest pain, trouble breathing, weakness on one side, or slurred speech (heart attack or stroke).
Hives, face swelling, wheezing, rash or blisters (allergic reaction).

Stop and call your doctor if you notice

- Vomiting blood, bloody or black stools, feeling faint
- Stomach pain that does not get better
- Less urine, or new swelling in your legs or feet

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: Motrin IB Drug Facts (rev. 12/2025); FDA label for Rx ibuprofen (boxed warning). Brands are trademarks of their owners.

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