

# PAIN AND/OR FEVER With ADULTS

1

## PARACETAMOL

The right medicine with the least risk at recommended dose

500mg MAX 6x/24h (4h between 2 doses)  
8x/24h possible but MAX 2-3 days without a doctor's prescription

OR

1000mg = 1g MAX 3x/24h (5-6h between 2 doses)  
4x/24h possible but MAX 2-3 days without a doctor's prescription

2

## IBUPROFEN

Only when paracetamol is not effective enough ! More precautions need to be taken into account !

200mg till 400mg MAX 3x/24h (6h between 2 doses)  
Dosage > 400mg possible but only on doctor's prescription

### Attention → Possible risks :

- When you are suffering of a liver disease
- When you weigh < 50kg
- When you drink more than 2 or 3 glasses of alcohol per day
- When you are taking medication against epilepsy
- When you are taking blood thinners like Marevan®, Marcoumar® or Sintrom®
- When you are more than 8 months pregnant

THEN MAX 500mg MAX 3 or 4x/24h (8h between 2 doses)

### ATTENTION → Medication that contains

**paracetamol** (Sinutab®, Rhinofebryl®, Zaldiar®, Algotra®, ...) : read the composition well in order to avoid overdoses.

### Attention → Possible risks:

- Can cause stomach ache and diarrhea
- Can cause allergy.
- Can aggravate an infectious illness
- With prolonged use, or with certain persons, the risks are higher : blood in the faeces, kidney diseases, high blood pressure problems, cardiovascular diseases
- To avoid with numerous medicines (namely cortisone, methotrexate, blood thinners)

### Never to be used by a PREGNANT WOMAN :

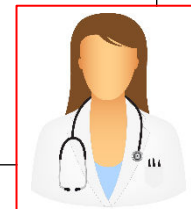
- Raises the risk of a miscarriage
- Can cause serious illnesses with new-borns

**All these PRECAUTIONS are the same for all other anti-inflammatories : aspirin, naproxen, diclofenac, piroxicam, ...**

### If the PAIN and/or FEVER

- Does not diminish with these medicines
- Last longer than 3 – 4 days

CONTACT your DOCTOR !!



**PARACETAMOL (ADULT\*) :** 500mg MAX 6x/24h (4h between 2 doses)  
**OR** 1000mg = 1g MAX 3x/24h (5-6h between 2 doses)



**IBUPROFEN (ADULT\*) :** 200mg or 400mg MAX 3x/24h (6h between 2 doses)



*\*who do not fall in the categories as mentioned on the previous page and who weigh more than 50kg*

**Do you want to know more (in French) :**

[www.cbip.be](http://www.cbip.be)

« Vous prenez de l'ibuprofène (adulte) » Infos-patients Prescrire janvier 2022

« Jamais d'anti-inflammatoire pendant la grossesse » Infos-patients Prescrire octobre 2021

« Bien utiliser le paracétamol » Infos-patients Prescrire janvier 2022