8 IN 10 CONSUMERS have used an OTC pain medicine in the past year to get relief from their pain – most commonly, headaches, back pain and muscle pain.

1/4 of Americans take more than the recommended dose, because they believe their symptoms will go away faster.

68% of consumers don’t always read the label of an OTC pain medicine they haven’t taken before.

WEIGHING THE RISKS

Taking too much OTC pain medicine can lead to:
- Stomach ulcers
- Stomach bleeding
- Damage to the esophagus, intestine and liver

Risk factors can include, but are not limited to:
- Age
- Current health conditions
- Medical history
- Alcohol intake
- Use of other medicines

39% of adults have knowingly taken more than the recommended dose.

Many Americans are ignoring important safety information on over-the-counter pain medicines.
THE (GI) DOCTOR
Is Ready to See You

89% of Gastroenterologists say few patients connect the overdose symptoms they experience to the OTC pain medicines they are taking.

On average, a gastroenterologist sees 90 overdose cases per year.

ALMOST 30% of chronic pain sufferers have experienced overdose complications.

KEEP YOUR GUT IN CHECK

☐ Read and follow all medicine labels.

☐ Only take one product at a time containing the same kind of active ingredient.

☐ Talk to your health-care professional about all the medicines you are taking.

A DRUG FACTS LABEL IDENTIFIES:

ACTIVE INGREDIENTS
WARNINGS
USES
DIRECTIONS

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