

**Mayo Clinic Minute: Acetaminophen aids with fever, pain**

VIDEO	AUDIO
	Have a fever or minor aches and pains?
<b>Carrie Krieger, Pharm.D. Medication Therapy Management Mayo Clinic</b>	“Our first go-to medication is typically acetaminophen, or Tylenol.”
	An over-the-counter pain reliever, acetaminophen works by chemically blocking pain receptor signals in the body. It also has a fever-reducing agent.
<b>Summer Allen, M.D. Family Medicine Mayo Clinic</b>	“So usually what I recommend for acetaminophen is lowest dose possible for effect.”
	Typically, for Tylenol, that’s either 325 or 500 milligrams. And, in general, don’t exceed 3,000 milligrams in 24 hours. That includes any acetaminophen included in other medications you might be taking. For most people, the risks of side effects are minimal.
<b>Dr. Krieger</b>	“Really, the concern that we have for side effects with acetaminophen is when we get too much. Then that can cause liver damage or hepatotoxicity.”
	As with any medication, make sure you read the label. And talk to your health care provider or pharmacist if you have questions.
	For the Mayo Clinic News Network, I’m Jason Howland.