



## PATIENT INFORMATION

# YOU can make A DIFFERENCE

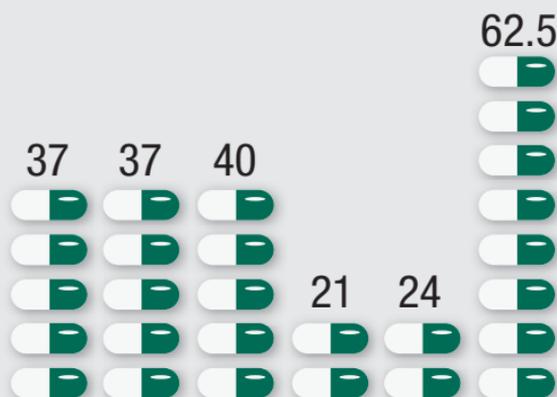
in the fight to reduce opioid pain medication abuse,  
addiction and overdose.

Take this card to your doctor and dentist and tell them  
you want the best treatment for acute pain (200mg  
ibuprofen + 500mg acetaminophen taken together).

Ask them to review the other side of this card and  
change how they prescribe for acute pain. Opioids  
like Percocet or Vicodin should RARELY be used  
regardless of the severity of pain.

Call them back in a week to see if they have changed  
how they treat pain.

### Percent of people getting 50% pain relief (1/NNT) From Cochrane Reviews



Two 5mg Percocet

Ibuprofen 200mg

Ibuprofen 400mg

Oxycodone 15mg

2 Tylenol #3 pills

Ibu 200 + acet 500



## DOCTOR/DENTIST INFORMATION

Your patient has brought you this card because of concern about the number of opioids prescribed by medical and dental professionals. The CDC's research shows that the number of people becoming addicted to and dying from opioids is directly related to the number prescribed.

Your patients' pain relief will be better if you recommend OTC ibuprofen and acetaminophen taken together instead of oral opioids; and, the side-effect profile for this dose is similar to placebo. The graph on the other side of this card shows a summary of the Cochrane reviews looking at the efficacy of medications in acute pain.

The information is  
**clinically proven.**  
The **results** are  
**accurate**

Please "prescribe" **OTC ibuprofen + acetaminophen** for acute **pain of all levels.**

**More info available at [nsc.org/prescribers](http://nsc.org/prescribers).**

References:

1. Gaskell H, Derry S, Moore R, McQuay H. Single dose oral oxycodone and oxycodone plus paracetamol ( acetaminophen ) for acute postoperative pain in adults. Cochrane Database Syst Rev. 2009;(3). doi:10.1002/14651858.CD002763.pub2.
2. Derry C, Derry S, Moore R, McQuay H. Single dose oral ibuprofen for acute postoperative pain in adults. Cochrane Database Syst Rev. 2009;(3):CD001548. doi:10.1002/14651858.CD001548.pub2.
3. Toms L, McQuay H, Derry S, Moore R. Single dose oral paracetamol (acetaminophen) with codeine for postoperative pain in adults. Cochrane Database Syst Rev. 2008;(4):CD004602. doi:10.1002/14651858.CD004602.pub2.
4. Derry C, Derry S, Moore R. Single dose oral ibuprofen plus paracetamol (acetaminophen ) for acute postoperative pain (Review ). Cochrane Database Syst Rev. 2013;(6). doi:10.1002/14651858.CD010210.pub2.



**Protect, Promote & Improve**  
the health and prosperity of people in TN

