

Soundbite Script – Too Much of a Good Thing

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“It’s one of the most common over-the-counter medications that’s been marketed for years as one of the go-to meds when you’re having discomfort. That’s why people are so familiar with it versus Advil and Ibuprofen, which is a whole different type of medication.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“Too much acetaminophen can be quite dangerous. It can affect the liver and that’s why you want to be careful. The signs include confusion, abdominal pain, nausea, vomiting and, if that’s happening and you are taking acetaminophen, you need to be seen urgently rather than waiting.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“What I always tell my patients is no matter what you ingest – food or medicine – there are two ways it’s going to get through your body. It’s going to go through the kidneys or the liver. Taking too much acetaminophen can cause the liver to malfunction where it doesn’t work and that can cause toxicity.”

Dr. Mirza Ali Khan, Family Practice Physician, OSF HealthCare

“The bottom line is acetaminophen is a good medicine. Obviously, if you’re taking one or two once in a while that’s okay, but if you’re using it consistently it’s good to check with your primary care. Say ‘I’ve been taking so many daily. Is this safe for me to do or is there something else I should be doing?’”