

# Alternating doses of ibuprofen and acetaminophen tracking chart

(Motrin/Advil and Tylenol)

Medicine	Time given:		Next medicine due:
<i>Ibuprofen (example)</i>	<i>10:30 am</i>	<i>+ 3 hours =</i>	<i>1:30 pm</i>
<i>Acetaminophen (example)</i>	<i>1:40 pm</i>	<i>+ 3 hours =</i>	<i>4:40 pm</i>
Ibuprofen (Motrin/Advil)		+ 3 hours =	
Acetaminophen (Tylenol)		+ 3 hours =	
Ibuprofen (Motrin/Advil)		+ 3 hours =	
Acetaminophen (Tylenol)		+ 3 hours =	
Ibuprofen (Motrin/Advil)		+ 3 hours =	
Acetaminophen (Tylenol)		+ 3 hours =	
Ibuprofen (Motrin/Advil)		+ 3 hours =	
Acetaminophen (Tylenol)		+ 3 hours =	
Ibuprofen (Motrin/Advil)		+ 3 hours =	
Acetaminophen (Tylenol)		+ 3 hours =	
Ibuprofen (Motrin/Advil)		+ 3 hours =	
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Ibuprofen (Motrin/Advil)		+ 3 hours =	
Acetaminophen (Tylenol)		+ 3 hours =	
Ibuprofen (Motrin/Advil)		+ 3 hours =	
Acetaminophen (Tylenol)		+ 3 hours =	

