



Child's Name _____
 Surgery Date _____

Pain Medicine Log

Instructions:

- Give one medicine dose every 3 hours, alternating between acetaminophen and ibuprofen.
- Give oxycodone as needed for breakthrough pain, pain that is not relieved by acetaminophen and ibuprofen. Wait at least 4 hours between doses of oxycodone.
- Your child should follow this medicine schedule for the number of days their doctor prescribed.
- Record each medicine at the time you give it.
- **Do not use this log if your child was prescribed a combination medication that has both a narcotic and acetaminophen (such as Lortab or Hycet).**

Day of the week: Example

Alternate Acetaminophen and Ibuprofen		
	Acetaminophen Give every 6 hours	Ibuprofen Give every 6 hours
Time	Time Given	Time Given
6 am		
7 am	X	
8 am		
9 am		
10 am		X
11 am		
12 pm		
1 pm	X	
2 pm		
3 pm		
4 pm		X
5 pm		
6 pm		
7 pm	X	
8 pm		
9 pm		
10 pm		X
11 pm	(sleeping)	
12 am		
1 am		
2 am		
3 am		
4 am		
5 am		

Oxycodone – Give as needed. Wait at least 4 hours between doses.	
Time	Time Given
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	X
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	X
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	
12 am	
1 am	
2 am	
3 am	
4 am	
5 am	

Day of the week:

Alternate Acetaminophen and Ibuprofen		
	Acetaminophen Give every 6 hours	Ibuprofen Give every 6 hours
Time	Time Given	Time Given
6 am		
7 am		
8 am		
9 am		
10 am		
11 am		
12 pm		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		
11 pm		
12 am		
1 am		
2 am		
3 am		
4 am		
5 am		

Oxycodone – Give as needed. Wait at least 4 hours between doses.	
Time	Time Given
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	
12 am	
1 am	
2 am	
3 am	
4 am	
5 am	

This pain medicine log is a guide. Please follow the instructions from your own medical provider.

Day of the week:

Alternate Acetaminophen and Ibuprofen		
	Acetaminophen Give every 6 hours	Ibuprofen Give every 6 hours
Time	Time Given	Time Given
6 am		
7 am		
8 am		
9 am		
10 am		
11 am		
12 pm		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		
11 pm		
12 am		
1 am		
2 am		
3 am		
4 am		
5 am		

Oxycodone – Give as needed. Wait at least 4 hours between doses.	
Time	Time Given
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	
12 am	
1 am	
2 am	
3 am	
4 am	
5 am	

Day of the week:

Alternate Acetaminophen and Ibuprofen		
	Acetaminophen Give every 6 hours	Ibuprofen Give every 6 hours
Time	Time Given	Time Given
6 am		
7 am		
8 am		
9 am		
10 am		
11 am		
12 pm		
1 pm		
2 pm		
3 pm		
4 pm		
5 pm		
6 pm		
7 pm		
8 pm		
9 pm		
10 pm		
11 pm		
12 am		
1 am		
2 am		
3 am		
4 am		
5 am		

Oxycodone – Give as needed. Wait at least 4 hours between doses.	
Time	Time Given
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	
12 am	
1 am	
2 am	
3 am	
4 am	
5 am	

Acetaminophen (Tylenol) Dosing

- Liquid supplied is usually 160 mg per 5 ml. Check your child's medicine concentration carefully.
- It is best to give your child the dose based on his or her weight, but if you do not know the weight, use the age to figure out the dose.
 - 6-11 lbs (0-3 months): 40 mg or 1.25 ml
 - 12-17 lbs (4-11 months): 80 mg or 2.5 ml
 - 18-23 lbs (1-2 years): 120 mg or 3.75 ml
 - 24-35 lbs (2-3 years): 160 mg or 5 ml
 - 36-47 lbs (4-5 years): 240 mg or 7.5 ml
 - 48-59 lbs (6-8 years): 320 mg or 10 ml
 - 60-71 lbs (9-10 years): 400 mg or 12.5 ml
 - 72-95 lbs (11 years): 480 mg or 15 ml
 - Over 95 lbs (Over 11 years): 640 mg or 20ml

Ibuprofen (Motrin, Advil) Dosing

- Liquid supplied is usually 100 mg per 5 ml. Check your child's medicine concentration carefully. The volumes below **do not apply** to the **concentrated** infant formula.
- It is best to give your child the dose based on his or her weight, but if you do not know the weight, use the age to figure out the dose. **Do not** give ibuprofen to babies **under 6 months**.
 - 12-17 lbs (6-11 months): 50 mg or 2.5 ml
 - 18-23 lbs (12-23 months): 75 mg or 3.75 ml
 - 24-35 lbs (2-3 years): 100 mg or 5 ml
 - 36-47 lbs (4-5 years): 150 mg or 7.5 ml
 - 48-59 lbs (6-8 years): 200 mg or 10 ml
 - 60-71 lbs (9-10 years): 250 mg or 12.5 ml
 - 72-95 lbs (11 years): 300 mg or 15 ml
 - Over 95 lbs (Over 11 years): 400 mg or 20 ml

This pain medicine log is a guide. Please follow the instructions from your own medical provider.