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2. Tylenol PM

# Tylenol PM

**Generic name:** [acetaminophen and diphenhydramine](#) [ *a-SEET-a-MIN-oh-fen-and-DYE-fen-HYE-dra-meen* ]

**Brand names:** [Headache Relief PM](#), [Legatrin PM](#), [Midol PM](#), [Percogesic Original Strength](#), Tylenol PM

**Drug class:** [Analgesic combinations](#)



[Medically reviewed](#) by Drugs.com on Sep 19, 2024. Written by [Cerner Multum](#).

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## What is Tylenol PM?

[Acetaminophen](#) is a pain reliever and a fever reducer. [Diphenhydramine](#) is an antihistamine.

Tylenol PM is a combination medicine used to treat occasional insomnia associated with minor aches and pains. Tylenol PM is not for use in treating [sleeplessness](#) without pain, or sleep problems that occur often.

Tylenol PM is also used to treat minor aches and pains such as headache, [back pain](#), joint or [muscle pain](#), [tooth pain](#), or menstrual cramps.

Tylenol PM is also used to treat runny nose, sneezing, itchy nose and throat, and pain or fever caused by allergies, the [common cold](#), or the flu.

Tylenol PM may also be used for purposes not listed in this medication guide.

## Tylenol PM side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

**In rare cases, acetaminophen may cause a severe skin reaction that can be fatal.** This could occur even if you have taken acetaminophen in the past and had no reaction. **Stop taking this medicine and call your doctor right away if you have skin redness or a rash that spreads and causes blistering and peeling.** If you have this type of reaction, you should never again take any medicine that contains acetaminophen.

**The medicine may cause serious side effects. Stop using the medicine and call your doctor at once if you have:**

- severe [drowsiness](#);
- painful or difficult urination; or
- **liver problems**--loss of appetite, stomach pain (upper right side), tiredness, itching, dark urine, clay-colored stools, jaundice (yellowing of the skin or eyes).

## Common side effects of Tylenol PM may include:

- drowsiness;
- [constipation](#);
- decreased urination;
- dry eyes, blurred vision; or
- [dry mouth](#), nose, or throat.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Tylenol PM side effects](#) (more detail)

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## Warnings

Use Tylenol PM exactly as directed. **An overdose of acetaminophen can damage your liver or cause death. Taking too much diphenhydramine can lead to serious heart problems, seizures, coma, or death.**

**Do not use this medicine to make a child sleepy.** This medicine is not for use in anyone younger than 12 years old.

Ask a doctor or pharmacist before using any other medicine that may contain acetaminophen or diphenhydramine. **Taking too much of either medicine can lead to a fatal overdose.**

Drinking alcohol may increase your risk of liver damage while taking acetaminophen.

**Stop taking this medicine and call your doctor right away if you have skin redness or a rash that spreads and causes blistering and peeling.**

## Before taking this medicine

**Ask a doctor before taking medicine that contains acetaminophen if you have ever had liver disease, or if you drink more than 3 alcoholic beverages per day.**

Ask a doctor or pharmacist if this medicine is safe to use if you have ever had:

- [liver disease](#);
- an [enlarged prostate](#) or urination problems;
- asthma, chronic obstructive pulmonary disease (COPD), [emphysema](#), or other breathing disorder;
- glaucoma; or
- a condition for which you take warfarin ([Coumadin](#), [Jantoven](#)).

**Ask a doctor before using this medicine if you are pregnant or breastfeeding.** Diphenhydramine may slow breast milk production.

## How should I take Tylenol PM?

Use exactly as directed on the label, or as prescribed by your doctor. Tylenol PM is only for short-term use until your symptoms clear up.

Do not take more of Tylenol PM than is recommended. **An overdose of acetaminophen can damage your liver or cause death. Taking too much diphenhydramine can lead to serious heart problems, seizures, coma, or death.**

Tylenol PM is not for use in anyone younger than 12 years old. **Do not use the medicine to make a child sleepy.** Death can occur from the misuse of [antihistamines](#) in very young children.

**Do not use this medicine for longer than 2 weeks to treat sleep problems, or longer than 7 days to treat cold or allergy symptoms.**

Call your doctor if you still have a fever after 3 days, or you still have pain after 10 days (or 5 days if you are 12-17 years old). Also call your doctor if your symptoms get worse, or if you have any redness or swelling.

If you need surgery or medical tests, tell the doctor ahead of time if you have taken this medicine within the past few days.

Store at room temperature away from moisture and heat.

 [Detailed Tylenol PM dosage information](#)

## What happens if I miss a dose?

Since Tylenol PM is used when needed, you may not be on a dosing schedule. Skip any missed dose if it's almost time for your next dose. **Do not** use two doses at one time.

## What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose can be fatal or cause**

**liver damage.**

Overdose symptoms may include loss of appetite, vomiting, weakness, confusion, ringing in your ears, upper stomach pain, dark urine, no urination, very dry eyes and mouth, yellowing of your skin or eyes, dilated pupils, fast heartbeats, tremor, [agitation](#), hallucinations, or seizure.

## What should I avoid while taking Tylenol PM?

Avoid driving or hazardous activity until you know how Tylenol PM will affect you. Your reactions could be impaired.

Ask a doctor or pharmacist before using any other medicine that may contain acetaminophen or diphenhydramine. This includes medicines for pain, fever, swelling, cold/flu symptoms, or anti-itch medicine used on the skin. **Using too much acetaminophen or diphenhydramine can lead to a fatal overdose.**

Drinking alcohol may increase your risk of liver damage while taking acetaminophen.

## What other drugs will affect Tylenol PM?

Ask a doctor or pharmacist before using Tylenol PM with any other medicines, especially drugs that can cause drowsiness (such as opioid medication, sleep medicine, a muscle relaxer, or medicine for anxiety or seizures). Tell your doctor about all your current medicines and any medicine you start or stop using. This includes prescription and over-the-counter medicines, vitamins, and [herbal products](#). **Not all possible interactions are listed here.**

 [Tylenol PM drug interactions](#) (more detail)

## Does Tylenol PM interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Tylenol PM

+

Enter a drug name

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## Popular FAQ

What is the max dose of diphenhydramine for adults?



## More about Tylenol PM (acetaminophen / diphenhydramine)

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## Patient resources

### Other brands

[Headache Relief PM](#), [Midol PM](#), [Percogesic Extra Strength](#), [Legatrin PM](#), ... +2 more

### Other formulations

- [Tylenol](#)

### Related treatment guides

- [Insomnia](#)
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## Further information

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

### [Medical Disclaimer](#)

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### Tylenol Pediatric Dosage Guide

Use these dosage charts for infants and children under 12 years old:  
[Tylenol Dosage Charts \(Infants & Children\)](#)

#### DRUG STATUS

##### Availability

OTC Over the counter

##### [Pregnancy & Lactation](#)

 Risk data available

## CSA Schedule\*

N/A Not a controlled drug



## User Reviews & Ratings

5.4 / 10

[36 Reviews](#)

## Images

Tylenol PM Extra Strength acetaminophen 500 mg / diphenhydramine hydrochloride 25 mg (TY PM)



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