

Welcome to Medicines in My Home.

Today, we are going to talk about over-the-counter (or OTC) medicines and how to use OTC medicine labels. To use OTC medicines safely and correctly, you need to read the label and use the information on the label.

Many of the medicines that people use to treat common problems like headaches, fever, stuffy nose, allergies, cough, upset stomach, or diarrhea are over-the counter medicines.

Today we are going to learn:

- How to read an OTC medicine label
- How to choose a medicine that is right for your problem
- How to take the right amount of medicine
- How to know when you need to stop using a medicine
- When you should not use a medicine at all.

Learning these things will help you can take good care of yourself and others. If you are a parent or caregiver for someone who is not yet fully grown, it is also important to learn these things so that you can both show and teach that young person how to use medicines safely.

## Medicines In My Home?

- What is a medicine?
- Why do you use medicines?
- How do you decide whether to use a medicine?
- How do you choose an over-the-counter medicine?
- Do you have children in your home or care for others' children?
- Where do you keep your medicines?

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As we go through this presentation today, ask yourself these questions.

(Read questions on slide)

# Medicines are Drugs

## A medicine or drug...

- changes how your body works, or
- treats or prevents a disease or symptom

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Today we are going to talk about the safe and correct use of medicines.

So, what is a medicine?

A medicine is a drug. **Medicine** and **drug** mean the same thing.

A medicine or drug changes how your body works OR  
Treats or prevents a disease or symptom.

Medicines can do things as simple as making you feel better when you have a cold or as complicated as treating cancer (like chemotherapy).

The Food and Drug Administration (FDA) is the United States government agency that makes sure our over-the-counter and prescription medicines are safe and do what they say they do. Our focus today is on over-the-counter medicines.

Because of the way the laws are written, vitamins, herbs, and other dietary supplements are controlled by the part of FDA that regulates foods, not the part of the FDA that regulates medicines. So, the things we are going to talk about today do not apply to vitamins, herbs, and other dietary supplements.

## Are these medicines?

### YES

- Fluoride toothpaste
- Dandruff shampoos
- Anti-perspirant
- Sunscreens
- Hydrocortisone cream
- Medicines for lice

### NO

- Toothpaste/no fluoride
- Regular shampoos
- Deodorant
- Aloe Vera gel
- Moisturizing cream
- Insect repellants

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Let's compare.

The list of products on the left are all medicines. The list of products on the right look like they do very similar things....but they are not medicines.

All of the products on the left change the way that your body works or treat or prevent a disease or symptom:

- Hydrocortisone cream contains a mild steroid that can treat itching and inflammation caused by an allergic reaction or skin condition like eczema. Moisturizing cream makes your skin smooth and soft.
- Fluoride toothpastes are drugs because they reduce cavities. Toothpastes without fluoride are not drugs but they do help clean your teeth.
- Dandruff shampoos are drugs because they treat dandruff and itching. Regular shampoos only make your hair cleaner.
- Antiperspirants are drugs. They stop your sweat glands from making sweat. Deodorants are not drugs. They just help you smell better.
- Sunscreens prevent sunburn from the sun's harmful rays. Aloe vera gel just makes your sunburn feel better.
- Treatments for lice kill the lice on your hair and body. Insect repellants just make a person smell less tasty to biting insects.

Have you or a family member used an over-the-counter medicine this week?



What are some reasons for using an OTC medicine?

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So, have you or has anyone in your family used an over-the-counter medicine this week?

(It is effective to write down the medicine used by the individual or family member and the reason it was taken. Let the audience know if some of the examples provided are prescription medicines. If you are not sure, ask the person if the medicine was purchased with or without a prescription.)

Common reasons for using over-the-counter medicines include: minor aches and pains, fever, cold and allergy symptoms, diarrhea, upset stomach, and Athlete's Foot.

## Prescription and Over-the-Counter Medicines



How are they different?

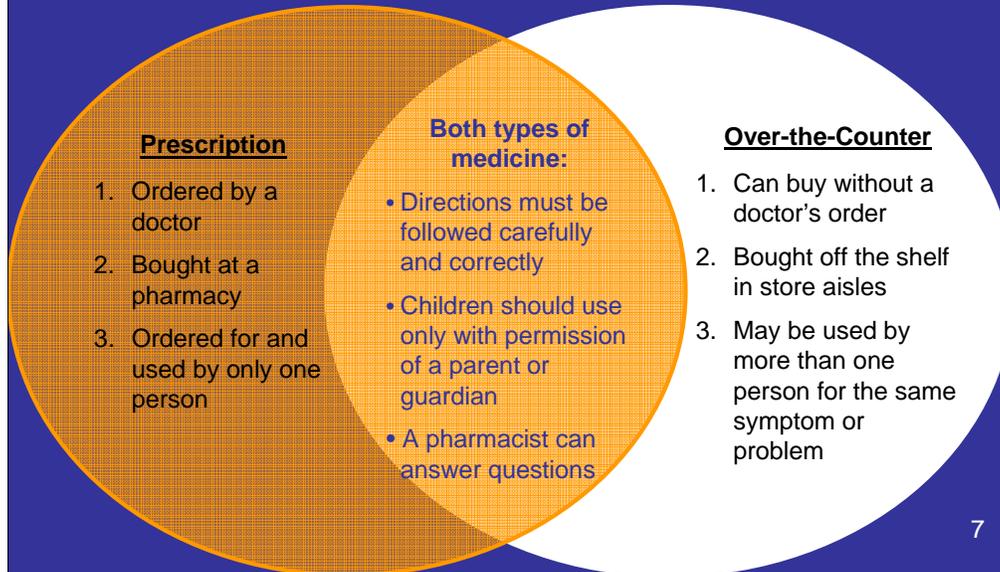
How are they the same?

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Let's take a couple of minutes and talk about how prescription and over-the-counter medicines are different and how they are the same.

# Prescription and Over-the-Counter Medicines

How are they different? How are they the same?



(Click through the differences over 3 clicks – compare and contrast)

(Click once more to bring up the similarities)

Any medicine can cause harm if you use too much of the medicine or use it incorrectly. This is true for prescription and over-the-counter medicines.

For all medicines, you must read and follow the directions.

Children should use medicine only with permission from a parent or guardian.

If you have questions about a medicine, you can ask a pharmacist. If the pharmacist can't answer your question, call your healthcare professional.

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## Important Medicine Rules

- Never share your prescription medicine with someone else.
- Never use someone else's prescription medicine.
- With OTC medicine, always check the dose.
  - The right dose for you may be different than for your friend or family member.



How do you decide which medicine is the right OTC medicine for you?

**Read the *Drug Facts* label**

*All OTC medicines have a Drug Facts label*

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Each of you has a label for “Feel Better” Cold and Fever Tablets. Next to the package label is the Drug Facts Label.

Every over-the-counter medicine in the United States has a Drug Facts Label that looks like this. While the information inside the box is different for each medicine, the design of the Drug Facts Label and the order of the different sections is always the same. This makes it easy to compare different medicines when you are trying to choose the right medicine for your problem. It also makes it easy to find the information you need to use your medicine correctly and safely.

Let’s take a closer look.

**Drug Facts label**

Active Ingredients and what they do

<b>Drug Facts</b>	<b>Purposes</b>
<b>Active ingredients (in each tablet)</b> Ibuprofen 200 mg (NSAID)*.....Pain reliever/fever reducer Pseudoephedrine HCl 30mg.....Nasal decongestant Nonsteroidal anti-inflammatory drug	Relieves pain, reduces fever, and relieves inflammation.
<b>Uses</b> temporarily relieves these symptoms associated with the common cold or flu: ■ headache ■ fever ■ sinus pressure ■ sore throat ■ nasal congestion ■ stuffy nose ■ minor body aches and pains	Relieves pain, reduces fever, and relieves inflammation.
<b>Warnings</b> <b>Allergy alert:</b> Ibuprofen may cause a severe allergic reaction, which may include: ■ hives ■ facial swelling ■ asthma (wheezing) ■ shock ■ skin reddening ■ rash ■ blisters <b>Stomach bleeding warning:</b> Taking more than recommended may cause stomach bleeding. <b>Alcohol warning:</b> If you consume 3 or more alcoholic drinks every day, ask your doctor whether you should take ibuprofen or other pain reliever/fever reducers. Ibuprofen may cause stomach bleeding. <b>Do not use</b> ■ if you have ever had an allergic reaction to any pain reliever/fever reducer ■ right before or after heart surgery ■ if you are now taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product. <b>Ask a doctor before use if you have</b> ■ heart or kidney disease ■ high blood pressure ■ diabetes ■ thyroid disease ■ ulcers ■ bleeding problems ■ trouble urinating due to an enlarged prostate ■ stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain ■ problems or serious side effects from taking pain relievers, fever reducers ■ taken a diuretic ■ reached age 60 or older <b>Ask a doctor or pharmacist before use if you are</b> ■ taking any other drug containing an NSAID (prescription or nonprescription) ■ taking a blood thinner (anticoagulant) or steroid drug	
<b>Drug Facts (continued)</b> <b>When using this product</b> ■ take with food or milk if stomach upset occurs ■ long term continuous use may increase the risk of heart attack or stroke <b>Stop use and ask a doctor if</b> ■ you feel faint, vomit blood, or have bloody or black stools. These are signs of stomach bleeding. ■ pain gets worse or lasts more than 10 days ■ fever gets worse or lasts more than 3 days ■ nasal congestion lasts for more than 7 days ■ symptoms continue or get worse ■ stomach pain or upset gets worse or lasts ■ redness or swelling is present in the painful area ■ you get nervous, dizzy, or sleepless ■ any new symptoms appear <b>If pregnant or breastfeeding, ask a health professional before use.</b> It is especially important not to use ibuprofen during the last 3 months of pregnancy unless definitely directed to do so by a doctor because it may cause problems in the unborn child or complications during delivery. <b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away. <b>Directions</b> ■ do not give more than directed ■ the smallest effective dose should be used ■ do not take longer than 10 days, unless directed by a doctor (see Warnings) ■ adults and children 12 years of age and over: ■ take one tablet every 4 to 6 hours while symptoms persist. If symptoms do not respond to 1 tablet, 2 tablets may be used. ■ do not use more than 6 tablets in any 24-hour period unless directed by a doctor ■ children under 12 years of age: consult a doctor <b>Other information</b> ■ store at 20-25°C (68-77°F). Avoid excessive heat above 40°C (104°F). ■ read all warnings and directions before use. Keep carton. <b>Inactive ingredients</b> D&C red #33, FD&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polysorbate 80, purified water, sodium benzoate, xanthan gum <b>Questions?</b> 1-800-123-4567 <a href="http://ChildrensFeelBetter.com">http://ChildrensFeelBetter.com</a>	

Up at the very top of the first column of the Drug Facts Label are sections called: (click)

- Active ingredients
- Purposes
- Uses

(click)

These 3 sections talk about the medicine's active ingredients and what they do.

## Active Ingredients: The parts of the medicine that make it work.

What does *Drug Facts* tell us about each active ingredient ???

- Its **name**
- **How much** is in each pill or teaspoon (5 mL)
- What it does (its **purpose** or job)
- The problems it treats (its **uses**)

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(Teach right off the slide)

# What does this medicine treat?

The image shows a medicine label for 'Feel Better Cold and Fever Tablets'. The label is primarily blue and white. At the top, it says 'Grape Flavor' and '30 Tablets'. The main title 'Feel Better Cold and Fever Tablets' is in yellow and white text on a blue background, with 'Cold and Fever Tablets' circled in red. Below the title are five white stars. A red arrow points from the stars to a yellow box containing the active ingredients: 'Ibuprofen (NSAID)' which is a 'Pain reliever/ Fever reducer', and 'Pseudoephedrine HCL' which is a 'Nasal decongestant'. Another red arrow points from this box to the 'Relieves: Fever, Sore Throat, Stuffy Nose' text. To the right of the label is a 'Drug Facts' panel with a red border. It includes sections for 'Active ingredients (in each tablet)', 'Purposes', 'Uses', and 'Warnings'. The 'Active ingredients' section lists 'Ibuprofen 200 mg (NSAID)\*' as a 'Pain reliever/fever reducer' and 'Pseudoephedrine HCl 30mg' as a 'Nasal decongestant'. The 'Purposes' section lists 'Pain relief' and 'Fever reduction'. The 'Uses' section states it temporarily relieves symptoms of the common cold or flu, including headache, fever, sinus pressure, sore throat, nasal congestion, stuffy nose, and minor body aches and pains. The 'Warnings' section includes an allergy alert for ibuprofen (hives, facial swelling, asthma, shock, skin reddening, rash, blisters) and stomach bleeding warnings.

**Drug Facts**

Active ingredients (in each tablet)	Purposes
Ibuprofen 200 mg (NSAID)*.....Pain reliever/fever reducer	Pain relief
Pseudoephedrine HCl 30mg.....Nasal decongestant	Fever reduction

**Uses** temporarily relieves these symptoms associated with the common cold or flu:

- headache ■ fever ■ sinus pressure ■ sore throat
- nasal congestion ■ stuffy nose ■ minor body aches and pains

**Warnings**

**Allergy alert:** Ibuprofen may cause a severe allergic reaction, which may include:

- hives ■ facial swelling
- asthma (wheezing) ■ shock
- skin reddening ■ rash ■ blisters

**Stomach bleeding warning:** Taking more than recommended may cause stomach bleeding.

**Alcohol warning:** If you consumer 3 or more alcoholic drinks every day, ask your doctor whether you should take ibuprofen or other pain reliever/fever reducers. Ibuprofen may cause stomach bleeding.

Let's look at the label you have in front of you.

What does Feel Better Cold and Fever Tablets treat?

What are the active ingredients?

(Call on someone to provide one active ingredient and what it does. Call on a second person to provide the second active ingredient and what it does)

(Can then click through 4 clicks to demonstrate all the places on the label that shows us what the medicine treats and with what ingredients.)

Drug Facts								
<table border="0"> <tr> <th>Active ingredients (in each tablet)</th> <th>Purposes</th> </tr> <tr> <td>Ibuprofen 200 mg (NSAID)*.....</td> <td>Pain reliever/fever reducer</td> </tr> <tr> <td>Pseudoephedrine HCl 30mg.....</td> <td>Nasal decongestant</td> </tr> <tr> <td colspan="2">*nonsteroidal anti-inflammatory drug</td> </tr> </table>	Active ingredients (in each tablet)	Purposes	Ibuprofen 200 mg (NSAID)*.....	Pain reliever/fever reducer	Pseudoephedrine HCl 30mg.....	Nasal decongestant	*nonsteroidal anti-inflammatory drug	
Active ingredients (in each tablet)	Purposes							
Ibuprofen 200 mg (NSAID)*.....	Pain reliever/fever reducer							
Pseudoephedrine HCl 30mg.....	Nasal decongestant							
*nonsteroidal anti-inflammatory drug								
<p><b>Uses</b> temporarily relieves these symptoms associated with the common cold or flu:</p> <ul style="list-style-type: none"> <li>■ headache   ■ fever   ■ sinus pressure   ■ sore throat</li> <li>■ nasal congestion   ■ stuffy nose   ■ minor body aches and pains</li> </ul>								

- Fever
- Headache
- Minor body aches and pains
- Sore throat
- Stuffy nose
- Nasal and sinus congestion

Grape Flavor 30 Tablets

## Feel Better

### Cold and Fever Tablets

★★★★★★

**Relieves: Fever, Sore Throat, Stuffy Nose**

<b>Ibuprofen (NSAID)</b> ▶ Pain reliever/ Fever reducer	
<b>Pseudoephedrine HCL</b> ▶ Nasal decongestant	

Let's look at the label you have in front of you.

What does Feel Better Cold and Fever Suspension treat?

What are the active ingredients?

(Call on a student to provide one active ingredient and what it does. Call on a second student to provide the second active ingredient and what it does)

(Can then click through 4 clicks to demonstrate all the places on the label that shows us what the medicine treats and with what ingredients.)

## Keisha

- College student living away from home. Classes have just started.
- She is sick: stuffy nose, sore throat, aches all over.
- She takes some **Get Better cold and fever medicine**.
- Two hours later - bad headache. Wants to take usual headache medicine.
- **Calls Mom.**



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Keisha is a college student living away from home for the first time. Classes have just started.

Today, Keisha is sick: stuffy nose, sore throat, aches all over.

She takes some Get Better cold and fever medicine and gets back in bed.

Two hours later, Keisha gets one of her really bad headaches. She wants to take her usual headache medicine to make it go away.

She calls her mom at work to ask if she can use these medicines together.

**Get Better Cold and Fever Suspension**  
Grape Flavor

Relieves:  
Fever  
Stuffy Nose  
Minor aches and pains

Acetaminophen ► Pain reliever/  
Fever reducer

Phenylephrine HCL ► Nasal decongestant

**Drug Facts**

Active Ingredients	Purposes
(in each 5 mL teaspoonful) Acetaminophen 500 mg	Pain reliever/ fever reducer
Phenylephrine HCl 5 mg	Nasal decongestant

**Uses** temporarily relieves

- nasal and sinus congestion
- stuffy nose
- headache
- sore throat
- minor aches and pains
- fever

**Headache Pain Relief Release**  
Liqui-gel capsules

Relieves:  
Headache  
Fever  
Minor aches and pains

Acetaminophen ► Pain reliever/Fever reducer

**Drug Facts**

Active Ingredients	Purposes
(in each capsule) Acetaminophen 500 mg	Pain reliever/ fever reducer

**Uses** temporarily relieves

- headache
- sore throat
- minor aches and pains
- fever

Can Keisha take these medicines together? **NO**

The label and Drug Facts for the medicine Keisha took this morning is on the left. (click)

The label and first part of Drug Facts for the headache medicine that Keisha would like to use now to treat her terrible headache is on the right.

(click)

Can Keisha take these two medicines together?

Is there any information on the labels that can help you decide?

(Let audience members offer reasons the medicines can or can not be used together. Try to lead them to look at the active ingredients if they don't do it on their own.)

(Click)

Both of these medicines have acetaminophen as an active ingredient. If Keisha takes the right dose of both medicines, then she is taking twice the recommended dose of acetaminophen. This might not be a problem if she does it only once, but if Keisha keeps using both of these medicines 3 or 4 times per day for 2 or 3 days, she could really hurt herself. Too much acetaminophen can permanently damage your liver.

(click)

NO – Keisha should not use these medicines together.

What should Keisha do to find out what she can take for her headache? (Call her doctor or pharmacist.)

**What is all this?**

**Warnings**

**Drug Facts**

**Active Ingredients**  
(in each tablet)  
Ibuprofen 200 mg (NSAID)\*.....Pain reliever/fever reducer  
Pseudoephedrine HCl 30mg.....Nasal decongestant  
Nonsteroidal anti-inflammatory drug

**Purposes**  
temporarily relieves these symptoms associated with the common cold or flu:  
■ headache ■ fever ■ sinus pressure ■ sore throat  
■ nasal congestion ■ stuffy nose ■ minor body aches and pains

**Uses**  
temporarily relieves these symptoms associated with the common cold or flu:  
■ headache ■ fever ■ sinus pressure ■ sore throat  
■ nasal congestion ■ stuffy nose ■ minor body aches and pains

**Warnings**  
**Allergy alert:** Ibuprofen may cause a severe allergic reaction, which may include:  
■ hives ■ difficulty breathing ■ swelling of the face, lips, tongue, or throat  
■ asthma (wheezing) ■ skin redness/itching  
Stomach bleeding warning: Ibuprofen may cause stomach bleeding. If you experience stomach pain, black or bloody stools, or vomit with blood, stop taking ibuprofen and call your doctor immediately.  
**Alcohol warning:** If you drink alcohol while taking ibuprofen or other pain reliever/fever reducers, you may be at a higher risk of stomach bleeding.  
**Do not use**  
■ if you have ever had an allergic reaction to any pain reliever/fever reducer  
■ right before or after heart surgery  
■ if you are now taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.  
**Ask a doctor before use if you have**  
■ heart or kidney disease ■ high blood pressure ■ diabetes ■ thyroid disease ■ ulcers ■ bleeding problems ■ trouble urinating due to an enlarged prostate  
■ stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain  
■ problems or serious side effects from taking pain relievers, fever reducers  
■ taken a diuretic  
■ reached age 60 or older  
**Ask a doctor or pharmacist before use if you are**  
■ taking any other drug containing an NSAID (prescription or nonprescription)

**Drug Facts (continued)**  
**When using this product**  
■ take with food or milk if stomach upset occurs  
■ long term continuous use may increase the risk of heart attack or stroke  
**Stop use and ask a doctor if**  
■ you feel faint, vomit blood, or have bloody or black stools. These are signs of stomach bleeding.  
■ pain gets worse or lasts more than 10 days  
■ fever gets worse or lasts more than 3 days  
■ nasal congestion or stuffy nose lasts for more than 7 days  
■ symptoms do not improve or get worse  
■ symptoms get worse or last longer than 7 days in the painful area  
■ you experience dizziness or lightheadedness  
**Directions**  
■ do not give more than directed  
■ the smallest effective dose should be used  
■ do not take longer than 10 days, unless directed by a doctor (see Warnings)  
■ adults and children 12 years of age and over:  
■ take one tablet every 4 to 6 hours while symptoms persist. If symptoms do not respond to 1 tablet, 2 tablets may be used.  
■ do not use more than 6 tablets in any 24-hour period unless directed by a doctor  
■ children under 12 years of age: consult a doctor  
**Other information**  
■ store at 20-25°C (68-77°F). Avoid excessive heat above 40°C (104°F).  
■ read all warnings and directions before use. Keep carton.  
**Inactive ingredients** D&C red #33, FDA&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polyorbinate 80, purified water, sodium benzoate, xanthan gum  
**Questions?** 1-800-123-4567  
<http://ChildrensFeedBetter.com>

Now let's look at the next part of the Drug Facts Label.

The part you see outlined in red on the slide takes up more than half of the Drug Facts Label...What is all this stuff?

(click)

Warnings!

Although this looks like a lot of words, it is very important information that you need to read before using your medicine each time.

Those of us who have trouble reading small print should take out our reading glasses or magnifying glass and make sure we read all of warnings before using a medicine.

# Warnings



The warnings section tells you:

- When you shouldn't use the medicine at all
- When you should talk to your doctor first
- How the medicine might make you feel
- When you should stop using the medicine
- Things you shouldn't do while taking the medicine.



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(Teach from the slide)

If there is information in the Warnings section that you do not understand, your pharmacist can help.

# Allergy Alert

- When your body has an allergic reaction, you may have
  - Itching
  - Rash
  - Hives
  - Swelling
  - Fainting
  - Trouble breathing
- If you think you are allergic to a medicine, do not use it.
- If you think that you or someone else is having an allergic reaction,
  - Call a healthcare professional
  - Call 911 for trouble breathing or fainting .

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Let's talk about the Allergy Alert.

Have any of you had or do any of you know someone who has had an allergic reaction to a medicine?

What happened? (Take answers from participants)

When you have an allergic reaction, you may have: itching, rash, hives (blistering, itchy skin bumps), swelling, fainting, or trouble breathing.

(click)

If you think you are allergic to a medicine, do not use it. The first reaction you have may only be a rash or hives, but if you use the medicine again, you may get a more severe reaction and stop breathing.

(click)

If you think that you or someone else is having an allergic reaction, call for help and contact a healthcare professional. Call 911 if someone has trouble breathing or faints.

Ask a doctor before use...  
Ask a doctor or pharmacist  
before use...



- When to ask a doctor or pharmacist BEFORE using the medicine.
  - Some medical problems make medicine use less safe.
  - Some medicines should never be used together.



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The ***Ask a doctor before use...*** and ***Ask a doctor or pharmacist before use...*** sections are very similar.

These sections tell you when to ask a doctor or pharmacist before using the medicine.

(Teach the slide bullets)

## When using this product...



- Special information about using the medicine.
- Examples...
  - Do not use more than directed
  - Take with food or milk if stomach upset occurs
  - Drowsiness may occur
  - Avoid contact with eyes.

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The ***When using this product*** section gives you special information about using the medicine.

(click)

Some examples include:

(Read the examples off the slide)

## Stop use and ask a doctor if...

- Reasons to stop taking a medicine include:
  - If you have an allergic reaction
  - If you have new problems like stomach pain, throwing up, or dizziness
  - If you are not feeling better after a certain number of days



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(Teach from the slide)

## Keep out of reach of children



- Young children may think medicine tastes **REALLY GOOD**.
- **Medicine is not candy** and can harm them if they take too much.
- If someone you know takes too much medicine or the wrong medicine, call the **Poison Control Center** for help.

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Some of you may care for or live with young children.

Young children will pick up anything colorful or interesting. If it is small, they often put it in their mouth to see if it tastes good.

The companies that make children's medicines make them taste good. This makes it easier for children to use the medicines when they are sick or having another health problem.

Some tablet medicines look a lot like bite-size candies. Liquid medicines can taste a lot like kids' flavored drinks.

Medicine is not candy and can harm children if they take too much. It is very important to keep your medicines in a high, dry place out of the reach of children.

If someone you know takes too much medicine or the wrong medicine, tell an adult right away. Call the Poison Control Center for help. This phone number is on the back of the Medicines in My Home booklet.



## Harry

- Harry and Ann's 50<sup>th</sup> anniversary
- Harry's joints are sore and stiff.
- Stan offers Harry OTC ibuprofen.
- Harry asks Ann what to do.

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Harry is going to help you see what you have learned...

Harry and Ann are celebrating their 50<sup>th</sup> anniversary with friends.

Usually Harry's joints don't bother him much, but today they are sore and stiff. Harry is having trouble holding his glass and cutting the cake.

Stan offers him some OTC ibuprofen and tells him how well it works for his stiff joints when they act up.

Harry looks at the bottle and asks Ann what she thinks about using the medicine.

What should Ann tell Harry?

Ann carefully reads the label .....

<b>Drug Facts</b>	
<b>Active ingredients</b> <i>(in each tablet)</i>	<b>Purposes</b>
Ibuprofen 200 mg (NSAID)* .....	Pain reliever/fever reducer
*nonsteroidal anti-inflammatory drug	
<b>Uses</b>	
temporarily relieves minor aches and pains due to:	
■ headache ■ toothache ■ backache ■ menstrual cramps	
■ the common cold ■ muscular aches ■ minor arthritis pain	
temporarily reduces fever	

Can this medicine treat Harry's sore, stiff joints?

YES

Ann reads the next part of the label....**The Warnings** 24

Ann takes out her reading glasses and carefully reads the label...

This medicine is a pain reliever/fever reducer. It is used to temporarily relieve minor aches and pains due to minor arthritis pain.

Can this medicine treat Harry's problem?

Yes.

Ann reads the next part of the label.....The Warnings.

**Warnings**

**Allergy alert:** Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- asthma (wheezing)
- skin reddening
- facial swelling
- shock
- rash
- blisters

If an allergic reaction occurs, stop use and seek medical help right away.

**Stomach bleeding warning:** This product contains a nonsteroidal anti-inflammatory drug (NSAID), which may cause stomach bleeding. The chance is higher if you:

- are age 60 or older
- have had stomach ulcers or bleeding problems
- take a blood thinning (anticoagulant) or steroid drug
- take other drugs containing an NSAID (aspirin, ibuprofen, naproxen or others)
- have 3 or more alcoholic drinks every day while using this product
- take more or for a longer time than directed

**Do not use**

- if you have ever had an allergic reaction to any pain reliever/fever reducer
- right before or after heart surgery

**Ask a doctor before use if you have**

- problems or serious side effects from taking pain relievers or fever reducers
- stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain
- ulcers
- bleeding problems
- high blood pressure
- heart or kidney disease
- taken a diuretic
- reached age 60 or older

**Ask a doctor or pharmacist before use if you are**

- taking any other drug containing an NSAID (prescription or nonprescription)
- taking a blood thinning (anticoagulant) or steroid drug
- under a doctor's care for any serious condition
- taking aspirin to prevent heart attack or stroke, because ibuprofen may decrease this benefit of aspirin
- taking any other drug

## What does Ann know about Harry?

- 75 years old
- High cholesterol.
- Had a stomach ulcer last year.

Should Harry use this medicine?



What should Harry do?

Ask his healthcare professional about how to treat his pain

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What does Ann know about Harry? Lots.

Harry is 75 years old, has high cholesterol, and had a stomach ulcer last year. His doctor treated him and he is better now.

Should Harry use this medicine?

Let's check the label warnings: (click through three red shapes on drug facts)

- The label has a stomach bleeding warning that says the chance of stomach bleeding is higher if you have reached age 60 or if you have ever had stomach ulcers.
- The label also says to ask a doctor before use if you have had stomach ulcers or have reached age 60.

(click again)

No, Harry should not use the ibuprofen right now.

What should Harry do? (click)

He should ask his doctor or other healthcare professional about how to treat his pain.

Once you think you have found the  
right medicine for your problem...

What else do you need to know  
before you use your medicine?

<p><b>Drug Facts</b></p>	<p><b>Drug Facts (continued)</b></p>
<p><b>Active ingredients (in each tablet)</b></p> <p>Ibuprofen 200 mg (NSAID)*.....Pain reliever/fever reducer  Pseudoephedrine HCl 30mg.....Nasal decongestant  *nonsteroidal anti-inflammatory drug</p>	<p><b>Purposes</b></p> <p>When using this product</p> <ul style="list-style-type: none"> <li>take with food or milk if stomach upset occurs</li> <li>long term continuous use may increase the risk of heart attack or stroke</li> </ul>
<p><b>Uses</b> temporarily relieves these symptoms associated with the common cold or flu:</p> <ul style="list-style-type: none"> <li>headache</li> <li>fever</li> <li>sinus pressure</li> <li>sore throat</li> <li>nasal congestion</li> <li>stuffy nose</li> <li>minor body aches and pains</li> </ul>	<p><b>Stop use and ask a doctor if</b></p> <ul style="list-style-type: none"> <li>you feel faint, vomit blood, or have bloody or black stools.</li> <li>These are signs of stomach bleeding.</li> <li>pain gets worse or lasts more than 10 days</li> <li>fever gets worse or lasts more than 3 days</li> <li>nasal congestion lasts for more than 7 days</li> <li>symptoms continue or get worse</li> <li>stomach pain or upset gets worse or lasts</li> <li>redness or swelling is present in the painful area</li> <li>you get nervous, dizzy, or sleepless</li> <li>any new symptoms appear</li> </ul>
<p><b>Warnings</b></p> <p><b>Allergy alert:</b> Ibuprofen may cause a severe allergic reaction, which may include:</p> <ul style="list-style-type: none"> <li>hives</li> <li>facial swelling</li> <li>asthma (wheezing)</li> <li>shock</li> <li>skin reddening</li> <li>rash</li> <li>blisters</li> </ul> <p><b>Stomach bleeding warning:</b> Taking more than recommended may cause stomach bleeding.</p> <p><b>Alcohol warning:</b> If you consume 3 or more alcoholic drinks every day, ask your doctor whether you should take ibuprofen or other pain reliever/fever reducers. Ibuprofen may cause stomach bleeding.</p>	<p><b>If pregnant or breastfeeding,</b> ask a health professional before use. It is especially important not to use ibuprofen during the last 3 months of pregnancy unless definitely directed to do so by a doctor because it may cause problems in the unborn child or complications during delivery.</p> <p><b>Keep out of reach of children.</b> In case of overdose, get <b>medical help or contact a Poison Control Center right away.</b></p>
<p><b>Do not use</b></p> <ul style="list-style-type: none"> <li>if you have ever had an allergic reaction to any pain reliever/fever reducer</li> <li>right before or after heart surgery</li> <li>if you are now taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.</li> </ul>	<p><b>Directions</b></p> <ul style="list-style-type: none"> <li>do not give more than directed</li> <li>the smallest effective dose should be used</li> <li>do not take longer than 10 days, unless directed by a doctor (see Warnings)</li> <li>adults and children 12 years of age and over: <ul style="list-style-type: none"> <li>take one tablet every 4 to 6 hours while symptoms persist.</li> <li>If symptoms do not respond to 1 tablet, 2 tablets may be used.</li> </ul> </li> <li>do not use more than 6 tablets in any 24-hour period unless directed by a doctor</li> <li>children under 12 years of age: consult a doctor</li> </ul>
<p><b>Ask a doctor before use if you have</b></p> <ul style="list-style-type: none"> <li>heart or kidney disease</li> <li>high blood pressure</li> <li>diabetes</li> <li>thyroid disease</li> <li>ulcers</li> <li>bleeding problems</li> <li>trouble urinating due to an enlarged prostate</li> <li>stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain</li> <li>problems or serious side effects from taking pain relievers, fever reducers</li> <li>taken a diuretic</li> <li>reached age 60 or older</li> </ul>	<p><b>Other information</b></p> <ul style="list-style-type: none"> <li>store at 20-25°C (68-77°F). Avoid excessive heat above 40°C (140°F).</li> <li>read all warnings and directions before use. Keep carton.</li> </ul> <p><b>Inactive ingredients</b> D&amp;C red #33, FD&amp;C blue #1, FD&amp;C red #40, flavors, glycerin, hypromellose, polyoxylate 80, purified water, sodium benzoate, xanthan gum</p>
<p><b>Ask a doctor or pharmacist before use if you are</b></p> <ul style="list-style-type: none"> <li>taking any other drug containing an NSAID (prescription or nonprescription)</li> <li>taking a blood thinner (aspirin, coumadin) or steroid drug</li> </ul>	<p><b>Questions?</b> 1-800-123-4567  <a href="http://ChildrensFeelBetter.com">http://ChildrensFeelBetter.com</a></p>

**Directions for use**

27

How to use it.  
Every Drug Facts label has a “Directions” section.

# Directions



- How much medicine to use
- How often to use it
- How long you can use it



How should you measure your dose of medicine?

28

The directions tell you.....

(click)

- How much medicines to use
- How often to use it
- How long you can use it.

Using more medicine than directed may increase your chance of having an unwanted side effect from the medicine. Using less than directed may not work as well.

(click)

How should you measure your dose of medicine?

How you measure your medicine is very important.

# Measuring Tools for Medicines



29

You should always use a medicine measuring tool to measure liquid medicines. Kitchen silverware spoons are different sizes and will not give the exact dose.

A lot of liquid over-the-counter medicines for children and adults come with a little measuring cup like the one you see at the top of the slide. A lot of medicines for very young children come with a syringe so you can squirt the medicine into the back of their mouths. This is an easier way to have a small child take the right dose.

Many pharmacies will provide a medicine measuring spoon or syringe if you ask. Pharmacies also sell medicine measuring tools.

It is important to wash these measuring tools with soap and water after using them so they don't pass germs from one person in your family to another.

## Measuring Tools for Medicines



- Use the measuring spoon, cup, or syringe that comes with your medicine. This is the most exact way to measure your dose.
- If your medicine doesn't come with a special measuring tool, ask for one at the pharmacy.
- A silverware spoon may hold the wrong amount of medicine.
- Make sure the tool can measure the right dose - check the markings on the tool.

30

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Many pharmacies will provide a medicine measuring spoon or syringe if you ask. Pharmacies also sell medicine measuring tools.

It is important to wash these measuring tools with soap and water after using them so they don't pass germs from one person in your family to another.

## Other information and Inactive ingredients



- Other information -
  - How to keep your medicine when you are not using it.
  
- Inactive ingredients - used to:
  - Form a pill
  - Add flavor or color
  - Make a tablet or film dissolve quickly
  - Help a medicine last longer



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We are now at the very end of the Drug Facts Label.

(click)

(Teach from the slide)

An inactive ingredient may help the medicine last longer on the shelf.

People can have an allergy to an inactive ingredient, so it is a good idea to read this list.

# Jon



- Bikes at least 20 miles.
- Pulled a leg muscle. The pain makes it hard to walk around.
- Took 1 tablet ibuprofen.
- After 1 hour, he was not better, so he took another tablet.
- Was this okay?

YES

Drug Facts	
<b>Active ingredients</b> (in each tablet) ibuprofen 200 mg (NSAID)* ..... Pain reliever/fever reducer *nonsteroidal anti-inflammatory drug	<b>Purposes</b>
<b>Uses</b> temporarily relieves minor aches and pains due to: ■ headache ■ toothache ■ backache ■ menstrual cramps ■ the common cold ■ muscular aches ■ minor arthritis pain temporarily reduces fever	

Directions
■ do not take more than directed ■ the smallest effective dose should be used ■ do not take longer than 10 days, unless directed by a doctor (see Warnings) ■ adults and children 12 years of age and over: ■ take one tablet every 4 to 6 hours while symptoms persist. If pain or fever does not respond to 1 tablet, 2 tablets may be used. ■ do not use more than 6 tablets in 24 hours unless directed by a doctor ■ children under 12 years of age: consult a doctor

Jon likes to bike at least 20 miles every weekend.

On this ride, he pulled a leg muscle and the pain is making it hard to walk around.

Jon took one tablet of over-the-counter ibuprofen.

After an hour, he was not any better, so he took another tablet.

Was this okay?

(click)

YES.

(click) If you look at the piece of the Drug Facts label at the bottom of the slide on the left, you see that ibuprofen is a pain reliever and that its uses include treatment of muscle aches.

(click) On the right, the directions say to take one tablet every 4 to 6 hours but that 2 tablets may be used if the pain does not respond to 1 tablet.

# Jon



- Jon feels better but not completely relieved.
- Two hours later, the pain gets worse.
- He takes 3 more OTC ibuprofen tablets.
- Is this okay?



What should Jon have done instead?

<b>Directions</b>	
■	do not take more than directed
■	the smallest effective dose should be used
■	do not take longer than 10 days, unless directed by a doctor (see Warnings)
■	adults and children 12 years of age and over: <ul style="list-style-type: none"><li>■ take one tablet every 4 to 6 hours while symptoms persist. If pain or fever does not respond to 1 tablet, 2 tablets may be used.</li></ul>
■	do not use more than 6 tablets in 24 hours unless directed by a doctor
■	children under 12 years of age: consult a doctor

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After taking two tablets of OTC ibuprofen, Jon feels better but not completely relieved.

Two hours later, he notices the pain is getting worse. He takes 3 more OTC ibuprofen tablets.

Based on the directions in the label, is this okay?

(click) No.

The directions do not say that it is okay to use three tablets of ibuprofen at the same time. Also, Jon needs to wait at least four hours after his first two tablets to take more medicine.

What should Jon have done instead?

(Take suggestions from participants)

Jon should have asked his pharmacist or doctor what to do instead. The pharmacist or doctor may have suggested using a different medicine or may have asked Jon to get examined by a doctor first.

## What should Jon do instead?



- Jon should call his doctor or pharmacist.
- He should explain why he is in pain, the medicine he used, and how it worked.
- He should ask what to do next.
- Always tell your doctor and pharmacist all the medicines and dietary supplements you use.

34

After taking two tablets of OTC ibuprofen, Jon feels better but not completely relieved.

Two hours later, he notices the pain is getting worse. He takes 3 more OTC ibuprofen tablets.

Based on the directions in the label, is this okay?

(click) No.

The directions do not say that it is okay to use three tablets of ibuprofen at the same time. Also, Jon needs to wait at least four hours after his first two tablets to take more medicine.

What should Jon have done instead?

(Take suggestions from participants)

Jon should have asked his pharmacist or doctor what to do instead. The pharmacist or doctor may have suggested using a different medicine or may have asked Jon to get examined by a doctor first.



## Questions or Comments

Where to find a telephone number or website to:

- ask questions about the medicine
- report an unexpected reaction to the medicine



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The very last section of the Drug Facts label gives you information about how to contact the company that makes the medicine. Sometimes you may have a question about the medicine. Sometimes you may have an unexpected reaction to a medicine.

If you have an unexpected reaction to a medicine, it is very important to call and let the company know. The companies that make medicines are required to keep track of all unexpected reactions to their medicines and report them to the Food and Drug Administration. The doctors and other health specialists at the FDA look at these reports and watch for any sign that a medicine may not be as safe as they thought.

Reports about medicines from people who use them provide important information.



## Be Safe, Be Healthy!!

Choose and use your OTC medicines wisely.

Teach your family members to do the same.



## Take Home Messages

- Read the label carefully.
  - The information you need to use your OTC medicine safely and correctly is in the *Drug Facts* label.
- OTC medicines are serious medicines.



We hope you will share this information  
with your family.  
Thank you.



## Additional Resource Slides

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These slides can be integrated into the slide show if you download the Powerpoint show from the website. Different presenters have different audiences with different needs and different literacy levels.

Please adapt these materials to suit your needs and maximize the learning for your audience.

Thank you.

## What is a "behind the counter" medicine?

- In the United States, we officially have only prescription and over-the-counter medicines.
- Some other countries in the world have a third class of medicines called behind the counter medicines. Pharmacists decide when these medicines should be dispensed.

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(Read the slide first)

As of 2006, there are two over-the-counter medicines in the United States that are kept behind the pharmacy counter: Plan B due to an age limit and pseudoephedrine to help prevent its use in making illegal drugs.

## Old Medicines: The expiration date

- All Over-the-Counter medicines have an expiration date on the label.
- If your medicine is past the expiration date, it may not work as well as it did before.
- It is best not to use medicines that are past the expiration date.
- Throw away expired medicines carefully.
  - The best place is a home hazards waste site.
  - If this is not possible, put expired medicines in a garbage can away from small children and pets.

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## Tony

- 12 years old.
- Goalie for his middle school soccer team.
- Team plays for the county championship today.
- Bad allergies today: sneezing, itchy eyes, and a stuffy, runny nose
- What can he do?



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Let's meet Tony.

Tony is in seventh grade. He is the goalie for his middle school soccer team and he is a very good player.

Today his team plays for the county championship, but Anthony woke up with really bad allergies. His nose is all stuffy and runny. His eyes are watery and he can't stop sneezing. Anthony is really worried that his allergies will keep him from playing his best. What should he do?

(Someone may say...He should take some allergy medicine)

Should he just go off on his own and take some medicine?

No, Tony is not an adult. He should talk to his mom or dad about how he is feeling first.

So, Tony and his mom and dad go to the high cabinet where they store their medicine, and they start looking for the right kind of medicine for Tony's allergy problems.

**Chewable Tablets** **Grape Flavor**

**Feel Better - Allergy Relief**  
for kids and their grown-ups

Relieves:  
Sneezing,  
Runny nose  
Itchy, watery eyes

**Chlorpheniramine** ▶  
Antihistamine

★★★★★★

Because allergies should not  
get in the way

4 Fl Oz (120 mL)

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Up on the medicine shelf, Tony and his parents find this medicine.

***Feel Better – Allergy Relief.***

Great! It is an allergy medicine.

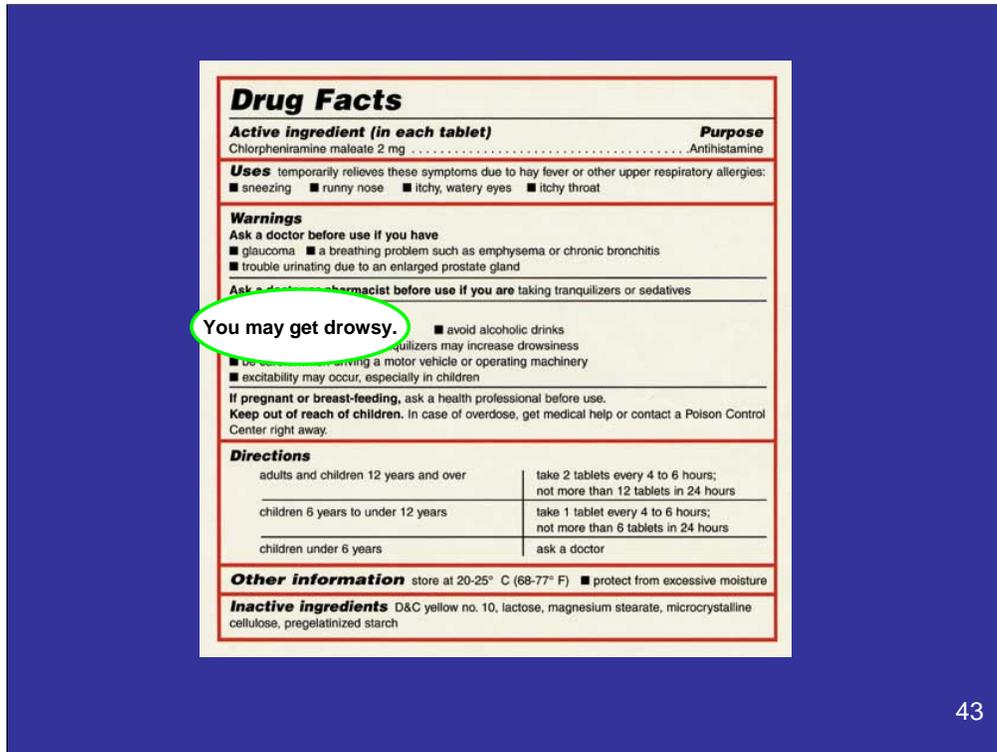
What kinds of symptoms or problems does this medicine treat?

What is the active ingredient?

It says here that the active ingredient is chlorpheniramine (klor-fen-ear-u-mean), which is an antihistamine.

An antihistamine is the type of medicine that treats most allergy symptoms.

Now let's learn more about this medicine from the Drug Facts Label...



I don't want you to try to read this whole label.

I want to focus on one particular warning in the **When using this product** section....(click)

It says "You may get drowsy."

Is that a good thing?

Tony needs to play in a soccer game. This might be a great medicine for him to take if it was bedtime, and he wanted his allergy symptoms and go to sleep. But it may not be the best choice for a medicine before his championship soccer game.

So, Tony and his parents look around a bit more through the medicines on the shelf and they find....



Hey, look at that. It is another “Feel Better” allergy medicine, but this one is called: ***Feel Better Allergy and Congestion Relief.***

Let’s see how this medicine compares to the last one.

What kinds of problems does this medicine treat??

That’s right. This one still treats Anthony’s sneezing and itchy, watery eyes, but it also treats his stuffy nose.

What are the active ingredients? Can we tell? This medicine has our old friend phenylephrine in it....what does the phenylephrine do? Yes, it treats the stuffy nose.

But look, it also has an antihistamine like the other allergy medicine did. Is this the same antihistamine or a different antihistamine than the one in the other box? (Flip back to slide 21 and then come back to slide 23).

This is a different antihistamine. Let’s look at the Drug Facts Label and see what this means for Anthony.

## Feel Better: Allergy and Congestion Relief

Drug Facts	
<b>Active ingredients (in each tablet)</b>	<b>Purpose</b>
Loratadine 5 mg.....	Antihistamine
Pseudoephedrine sulfate 120 mg.....	Nasal decongestant
<b>Uses</b>	
<ul style="list-style-type: none"> <li>temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:                             <ul style="list-style-type: none"> <li>sneezing</li> <li>runny nose</li> <li>itchy, watery eyes</li> <li>itching of the nose or throat</li> </ul> </li> <li>temporarily relieves nasal congestion due to the common cold, hay fever or other upper respiratory allergies</li> <li>reduces swelling of nasal passages</li> <li>temporarily relieves sinus congestion and pressure</li> <li>temporarily restores freer breathing through the nose</li> </ul>	
<b>Warnings</b>	
<b>Do not use</b>	
<ul style="list-style-type: none"> <li>if you have ever had an allergic reaction to this product or any of its ingredients</li> <li>if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric, or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.</li> </ul>	
<b>Ask a doctor before use if you have</b>	
<ul style="list-style-type: none"> <li>heart disease</li> <li>high blood pressure</li> <li>trouble urinating due to an enlarged prostate gland</li> <li>liver or kidney disease. Your doctor should determine if you need a different dose.</li> <li>thyroid disease</li> <li>diabetes</li> </ul>	
<b>Directions</b>	
<ul style="list-style-type: none"> <li>do not divide, crush, chew or dissolve the tablet</li> <li>adults and children 12 years and over: 1 tablet every 12 hours; not more than 2 tablets in 24 hours</li> <li>children under 12 years of age: ask a doctor</li> <li>consumers with liver or kidney disease: ask a doctor</li> </ul>	
<b>Other information</b>	
<ul style="list-style-type: none"> <li>safety sealed: do not use if the individual blister unit imprinted with Claritin-D<sup>®</sup> 12 Hr. is open or torn</li> <li>store between 15° to 25° C (59° to 77° F)</li> <li>keep in a dry place</li> </ul>	
<b>Inactive ingredients</b>	
acacia, butylparaben, calcium sulfate, carnauba wax, corn starch, lactose, magnesium stearate, microcrystalline cellulose, neutral soap, oleic acid, pharmaceutical ink, povidone, rosin, sugar, talc, titanium dioxide, white wax, zein	
<b>Questions or comments?</b>	

Taking more than directed may cause drowsiness.



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Again, don't try to read this whole label. Let's look at this one warning in the **When using this product section**:

(click)

It says, "Taking more than directed may cause drowsiness."

Should Anthony ever take more than directed on the label? NO.

So, if Anthony follows directions and takes the correct dose of the medicine, this medicine should not make him sleepy. Also, this medicine will help his stuffy nose.

So, Anthony takes some Feel Better, Allergy and Congestion Relief, he feels better, and his team wins the game!

(If you click the megaphone in the lower left corner of the slide, the crowd will cheer Anthony's victory).



The Food and Drug Administration (FDA) is the part of our government that makes sure that:

- Medicines and vaccines are safe to use and do what they say they do
- Veterinary medicines are safe and do what they say they do for animals
- Devices and tools used in medicine are safe and work right (toothbrushes, contact lenses, X-ray machines, lasers)
- Cosmetics like make-up and skin lotions are safe.

Today we are going to be talking about the safe and correct use of medicines, mostly over-the-counter medicines. All of the prescription and over-the-counter medicines you use are approved by the FDA.