



# How to correctly take over-the-counter medicines



Over-the-counter (OTC) medicines are medicines you can buy without a prescription, such as cough medicines and pain relievers. They are safe and work well when you use them as instructed. Here's how:



## Read and follow the label

OTC medicines have labels that tell you what the medicine does, who can and can't take it, and how to use it. **Each label has these sections:**

**Active ingredient** What makes the medicine work. There may be more than 1 active ingredient.

**Uses** Symptoms or illnesses the medicine can treat. Only take it if it's meant to treat your symptoms.

**Warnings** Safety information, such as possible side effects, when to avoid taking it, and when to ask your doctor before you take it.

**Directions** How much of it to take (the dose) and how often, which differs for adults and children. Follow this exactly.

**For liquid medicines**, always use the measuring cup or syringe included in the package. Do not use a kitchen teaspoon or measuring device because it will not give the right amount.

**Other information** Other things to know about the medicine, such as how to store it.

**Inactive ingredients** What else is in the medicine that isn't meant to treat a symptom, such as food coloring. This can be important if you have allergies.

### Drug facts

Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine
<b>Uses</b> temporarily relieve these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
<b>Warnings</b> <b>Ask a doctor before use if you have</b> ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland	
<b>Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives</b>	
<b>When using this product</b> ■ You may get drowsy ■ avoid alcoholic drinks ■ alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children	
<b>If pregnant or breast-feeding</b> , ask a health professional before use. <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>	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	Take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under six years	ask a doctor
<b>Other information</b> store at 20-25°C (68-77°F) ■ protect from excessive moisture	
<b>Inactive ingredients</b> D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	



## Check the expiration date

The expiration date is printed on the package, bottle, or label. Do not take expired medicines because they might not work as well as they should or could make you sick. Ask your pharmacist how to safely throw away expired medicines.



If you have questions after reading the OTC label, talk to your doctor or pharmacist.





# Como tomar correctamente las medicinas de venta libre



Las medicinas de venta libre (OTC, por sus siglas en inglés) pueden comprarse sin una receta médica, como por ejemplo medicinas para la tos y calmantes para el dolor. Son seguras y funcionan bien cuando se toman según sus instrucciones. Aquí les diremos como:



## Lea y siga las instrucciones de la etiqueta

Las medicinas OTC tienen etiquetas que le indican lo que hace la medicina, quien puede y quien no puede tomarlas, y como utilizarlas. **Cada etiqueta tiene estas secciones:**

**Ingrediente activo** Es el ingrediente que produce el efecto de la medicina. Puede haber más de un ingrediente activo.

**Usos** Síntomas o enfermedades para los que la medicina puede utilizarse. Tómela solamente si sirve para tratar sus síntomas.

**Precauciones** Incluye información de seguridad, tales como posibles efectos secundarios, cuando evitar tomarla, y cuando consultar con su médico antes de tomarla.

**Instrucciones** Que cantidad de medicina puedo tomar (la dosis) y que tan frecuentemente, la dosis es diferente para adultos y para niños. Siga las instrucciones exactamente.

**Para las medicinas líquidas**, utilice siempre la medida o jeringa incluidas en el paquete. No utilice una cuchara de cocina o un dispositivo para medir porque puede no darle la cantidad correcta.

**Otra información** Otras cosas que debemos saber sobre la medicina, y como almacenarla.

**Ingredientes inactivos** Otros ingredientes que tiene la medicina que no son para tratar un síntoma, tales como colorante para alimentos. Esta información puede ser importante si usted sufre de alergias.

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## Revise la fecha de vencimiento

**La fecha de expiración o vencimiento está impresa en el estuche, la botella, o la etiqueta.** No tome medicinas vencidas porque puede que no funcionen tan bien como deberían o podrían incluso enfermarlo. Pregúntele a su farmacéutico como desechar con seguridad sus medicinas vencidas.



**Si usted tiene preguntas después de leer la etiqueta de la OTC, hable con su médico o su farmacéutico.**

Para programar una visita para servicios de salud en el Nashville Healthcare Center, llame al 615-341-4YOU (4968)

The Food Pharmacy

