

OTC Medicine Labels



Medicine that you can buy without a prescription is called over-the-counter, or OTC medicine.

Labels have all the information you need to correctly choose medicine, and to use it safely.

This is an example of an OTC medicine label. It has important "Drug Facts".

Drug Facts	
Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg	Purpose Antihistamine
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
Warnings Ask a doctor before use if you have: ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives When using this product ■ drowsiness may occur ■ 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 If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions	
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 6 years	ask a doctor

The "Active Ingredient" is the scientific name of the medicine. This also shows the amount. Each tablet has 2 milligrams of the active ingredient.

Drug Facts	
Active Ingredient (in each tablet) Chlorpheniramine Maleate 2 mg	Purpose Antihistamine

"Uses" tell the symptoms or problems the medicine will treat. This relieves symptoms of allergies, such as sneezing and a runny nose.

Uses temporarily relieves these symptoms due to allergies n sneezing n runny nose

"Warnings" tell who should not use this medicine. If you have glaucoma or emphysema you should ask your doctor before using this.

Warnings
Ask a doctor before use is you have
n glaucoma n a breathing problem such as emphysema

"Warnings" tell what you should and should not do when you take this medicine. If you take this medicine, you should be careful when driving a motor vehicle.

Warnings	
<i>When using this product</i>	
n	<i>be careful when driving a motor vehicle or operating machinery</i>
n	<i>drowsiness may occur</i>

"Warnings" also list possible side effects. This medicine may cause drowsiness.

"Directions" explain how to use this medicine. Adults and children over 12 years old can take 2 tablets every 4 to 6 hours. Children between 6 and 12 should only take 1 tablet. Ask a doctor before you give this to a child under 6 years old.

Directions	
<i>Adults and children 12 and over</i>	<i>take 2 tablets every 4 to 6 hours not more than 12 tablets in 24 hours</i>
<i>Children 6 years to under 12 years</i>	<i>take 1 tablets every 4 to 6 hours not more than 6 tablets in 24 hours</i>
<i>Children under 6 years</i>	<i>ask a doctor</i>

Never take more medicine than the directions recommend.

Many medicines are sold in containers with child safety closures. Medicine can be poisonous to children. Remember to keep all medicine out of the sight and reach of children.



The best way to take good care of yourself when using any medicine is to read the label. If there is anything that you don't understand, ask the pharmacist.

For more information about prescription medicine labels see **Prescription Labels**.

For more information about warning labels see **Warning Labels**.

For more information about the side effects of medicine see **Side Effects**.

OTC Medicine - Quiz 3

LaRue Medical Literacy Exercises

Drug Facts	
Active Ingredient (in each tablet)	Purpose
<i>Chlorpheniramine Maleate 2 mg</i>	<i>Antihistamine</i>
<i>Uses temporarily relieves these symptoms due to allergies</i>	
■ <i>sneezing</i>	■ <i>runny nose</i>
Warnings	
<i>Ask a doctor before use if you have</i>	
■ <i>glaucoma</i>	■ <i>a breathing problem such as emphysema</i>
When using this product	
■ <i>drowsiness may occur</i>	
■ <i>be careful when driving a motor vehicle or operating machinery</i>	
Directions	
<i>Adults and children 12 and over</i>	<i>take 2 tablets every 4 to 6 hours</i>
	<i>not more than 12 tablets in 24 hours</i>
<i>Children 6 years to under 12 years</i>	<i>take 1 tablet every 4 to 6 hours</i>
	<i>not more than 6 tablets in 24 hour</i>
<i>Children under 6 years</i>	<i>ask a doctor</i>

1. What symptom does this relieve?
 - A. antihistamine
 - B. glaucoma
 - C. sneezing
 - D. drowsiness

2. How much medicine should an adult take?
 - A. one tablet
 - B. two tablets
 - C. ask a doctor
 - D. not more than 6 tablets

3. Who should ask a doctor before using this medicine?
 - A. someone with allergies
 - B. someone with drowsiness
 - C. someone with a runny nose
 - D. someone with glaucoma

4. What is a side effect of this medicine?
 - A. sneezing
 - B. glaucoma
 - C. allergies
 - D. drowsiness

5. How much medicine should a 9-year-old take in one day?
 - A. not more than 12 tablets
 - B. not more than 6 tablets
 - C. ask a doctor
 - D. 1 tablet

Drug Facts	
Active Ingredient (in each tablet)	Purpose
<i>Pseudoephedrine HCL 30 mg.....</i>	<i>Nasal Decongestant</i>
Uses temporarily relieves nasal congestion due to	
<ul style="list-style-type: none"> ■ <i>common cold</i> ■ <i>respiratory allergies</i> 	
Warnings	
<i>Ask a doctor before use is you have</i>	
<ul style="list-style-type: none"> ■ <i>high blood pressure</i> ■ <i>heart disease</i> ■ <i>thyroid disease</i> ■ <i>diabetes</i> 	
When using this product	
<ul style="list-style-type: none"> ■ <i>do not use more than directed</i> ■ <i>Stop use and ask a doctor if you get nervous, dizzy or sleepless</i> 	
Directions	
<i>Adults and children 12 and over</i>	<i>take 2 tablets every 4 to 6 hours not more than 4 doses in 24 hours</i>
<i>Children 6 years to under 12 years</i>	<i>take 1 tablet every 4 to 6 hours not more than 4 doses in 24 hours</i>
<i>Children under 6 years</i>	<i>ask a doctor</i>

6. What symptom does this medicine treat?

- A. high blood pressure
- B. nasal congestion
- C. nervousness
- D. diabetes

7. How much medicine should a child under 6 take?

- A. two tablets
- B. one tablet
- C. ask a doctor
- D. 4 doses

8. Who should ask a doctor before using this?

- A. someone with nasal congestion
- B. someone with allergies
- C. someone with a common cold
- D. someone with thyroid disease

9. How much medicine can an adult take in 24 hours?

- A. 2 tablets
- B. 8 tablets
- C. 4 tablets
- D. ask a doctor

10. What is a side effect of this medicine?

- A. dizziness
- B. respiratory allergies
- C. diabetes
- D. nasal congestion

OTC Medicine - Quiz 4

LaRue Medical Literacy Exercises

Drug Facts	
<i>Active Ingredient (in each tablet)</i>	<i>Purpose</i>
<i>Loperamide HCL 2 mg</i>	<i>Anti-diarrheal</i>
<i>Uses temporarily control symptoms of diarrhea, including Travelers' Diarrhea</i>	
Warnings	
<i>Ask a doctor before use if you have</i>	
<ul style="list-style-type: none"> ■ fever ■ mucus in stool ■ a history of liver disease 	
Stop use and ask a doctor if	
<ul style="list-style-type: none"> ■ symptoms get worse ■ diarrhea lasts more than 3 days 	
Direction	
<i>Adults and children 12 and over</i>	<i>2 caplets after first loose stool not more than 4 caplets in 24 hours</i>
<i>Children 9-11 years (60-95 lbs)</i>	<i>1 caplet after first loose stool not more than 3 caplets in 24 hours</i>
<i>Children under 6 years</i>	<i>ask a doctor</i>

1. What symptoms does this treat?
 - A. fever
 - B. diarrhea
 - C. liver disease
 - D. loperamide HCL

2. How many caplets should an adult take?
 - A. 1 caplet
 - B. 4 caplets
 - C. 3 days
 - D. 2 caplets

3. Who should ask a doctor before using this?
 - A. someone with a fever
 - B. someone with diarrhea
 - C. someone with symptoms
 - D. someone with loose stool

4. How many caplets can a 9-year-old child take in a day?
 - A. not more than 4
 - B. not more than 2
 - C. not more than 3
 - D. ask a doctor

5. When should you stop using this medicine?
 - A. after 24 hours
 - B. after 3 days
 - C. after 4 caplets
 - D. after first loose stool

