



## Choosing and Using Medicines Safely

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### Core Concepts:

- The Drug Facts label on an over-the-counter drug provides directions for safe use including: how much, how often, and for how long.
- The Drug Facts label on an over-the-counter drug provides warnings about people who should not use the medicine until they talk to a doctor.

### Class time required:

2 forty-minute class period

### Teacher Provides:

For each student

- Copy of student handout entitled **Choosing and Using Medicines Safely**

For each pair of students:

- **Medicine Labels** for 7 over-the-counter products, printed in color. Laminate if these will be used by multiple classes. See pages vi through xii. *Optional: Make the labels look more realistic by cutting along the dotted lines to remove the white space from around the labels.*
- Copy of **How to Read an Over-the-Counter Drug Facts Label**. See page xiii.

### Teacher Resources:

- **Over-the-Counter Medicine Safety** by Scholastic provides four lessons, classroom posters, role-playing culminating activity, whiteboard images, a digital flipbook, medicine safety videos, additional resources, and a pre/post-quiz for over-the-counter medicine use.  
<http://www.scholastic.com/otcliteracy/>
- **Medicines in My Home** is a multimedia educational program to teach consumers how to choose over-the-counter medicines and use them safely. “Rooms” of the program contain presentations, print materials, and resources can be used online or downloaded.  
<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm092139.htm>
- **Medicines in My Home: The Over-the-Counter Drug Facts Label** is a video (approximately 2 minutes) on how to interpret Drug Facts labels.  
[https://www.youtube.com/watch?v=hT6Th\\_QfQKE](https://www.youtube.com/watch?v=hT6Th_QfQKE)

- **Understanding Over-the-Counter Medicine** provides a variety of resources including brochures, articles, fact sheets, checklists, print public service announcements, Internet public service announcement banners, audio public service announcements, and television public service announcements.

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/default.htm>

- **Checklist for Choosing Over-the-Counter (OTC) Medicine for Adults** provides a checklist that helps people choose an appropriate over-the-counter medicine.

<http://www.fda.gov/downloads/Drugs/ResourcesForYou/UCM133407.pdf>

## Suggested Class Procedure:

1. Distribute a copy of **Choosing and Using Medicines Safely** student instructions to each student.
2. Assign students to work in pairs.
3. Distribute a copy of **How to Read an Over-the-Counter Drug Facts Label** to each pair of students.
4. Distribute copies of the seven over-the-counter medicine labels to each pair of students.
5. Explain that students should work with their partner to select the medicine that each family member might take for their symptoms.
6. The vocabulary in this activity is “real world” language that students will encounter when they read labels. It is important to tell students to ask what words mean if they do not understand them. In a real world situation, they should ask the pharmacist about the meaning of words. In the classroom, you may play the role of pharmacist. Optional: Students could work as a class to make a glossary for Drug Facts label vocabulary words that people may find difficult to understand.
7. Consider playing the role of a pharmacist to model how to do the activity. Use Bill Lee as an example.
8. Call on students to play the role of “pharmacists” by explaining their answers to one of the first cases (Bill Lee through Kathy Lee).
9. Ask students to share their answers to the Andrea Lee and Rick Lee cases. It is important that you make time to discuss these cases during class to be certain that students understand the appropriate actions.
10. Optional: The multiple choice questions on pages iv- v may be used for homework or as a quiz.

**Warning:** It is essential that you maintain families’ legal rights to privacy related to health and medicine use. Do not allow students to provide or discuss examples of medicines or dietary supplements used by their family.

**Note:** The everyday use of the words “drugs”, “medicines”, and “dietary supplements” is different from the definitions used by the FDA (Food and Drug Administration). The *Fact Sheet* uses the FDA language. However, to help students relate the activity to their lives, we have used the words “drug” and “medicine” interchangeably.

### Alternative Procedure:

- Distribute a copy of **Choosing and Using Medicines Safely** student instructions and a copy of **How to Read an Over-the-Counter Drug Facts Label** to each student.
- Split class up into 7 “pharmacist teams”. Each team will research one case. Assign one of the 7 cases (Bill Lee through Kathy Lee) to each team.
- Distribute a set of the seven labels to each team.
- Students work with their team to answer the case assigned to them.
- Pharmacist teams roll play to report their answers to the class.

**Note:** Do not assign the Andrea Lee and Rick Lee cases to students. Instead, use these two cases during whole class discussions.

## Multiple Choice Questions: *Choosing and Using Medicines Safely*

**Base your answers to the questions on the information in the Medicine Label provided.**

1. What type of health care product is shown on the label?
  - A. Dietary supplement
  - B. Prescription medicine
  - C. Over-the-counter medicine
2. An antihistamine is most likely used to reduce
  - A. pain
  - B. a high temperature
  - C. allergy symptoms
3. What part of the label describes how much of the product to use?
  - A. Part 4
  - B. Part 5
  - C. Part 6
4. What part of the label describes how often to use this product?
  - A. Part 4
  - B. Part 5
  - C. Part 6
5. Possible side effects from taking this medicine may include
  - A. drowsiness or excitability
  - B. hay fever or allergy
  - C. emphysema or chronic bronchitis
6. For safe use by a five year old child,
  - A. Use 1 tablet every 12 hours
  - B. Avoid an overdose by taking  $\frac{1}{2}$  tablet every 4 hours
  - C. Ask a doctor for advice.
7. An overdose would occur if an 11 year old girl took more than \_\_\_\_\_ tablets in a 24 hour period.
  - A. 6
  - B. 12
  - C. 18
8. What is the maximum safe amount of the active ingredient in this product that a 13 year old girl could take in a 24 hour period? Express your answer in milligrams.
  - A. 2 milligrams
  - B. 12 milligrams
  - C. 24 milligrams
9. What side effect would most likely result if this product is taken with alcohol or sedatives?
  - A. Drowsiness
  - B. Excitability
  - C. Glaucoma
10. If a child or adult accidentally takes an overdose of this product,
  - A. Contact a Poison Control Center immediately for advice.
  - B. Seek medical help after overdose symptoms appear.
  - C. Reduce the amount the person takes for several days.

Refer to this label when answering the multiple choice questions.

# Medicine Label

## How to Read an Over-the-Counter Drug Facts Label

**Active Ingredient**  
An active ingredient is the chemical compound in the medicine that makes it work in your body to bring relief for your symptoms.

If you are taking more than one OTC medicine, compare the active ingredients. Do not take two medicines with the same active ingredient unless instructed by your doctor, pharmacist, or other healthcare professional.

**Uses**  
This section tells you the ONLY symptoms the medicine is approved to treat.

**Warnings**  
This section tells you what other medications, foods, or situations (such as driving) to avoid when taking this medicine.

**Directions**  
The only recommended dosage and frequency of dosage will be listed here. You should follow this strictly. It's not just how much you take but how often.

**Other Information**  
This section tells you other important information about the product, such as how to store the medicine.

**Inactive Ingredients**  
An inactive ingredient is a chemical compound in the medicine that does not treat symptoms. Preservatives, food colors, and flavorings, and binding agents will be listed here.

**Drug Facts**

Active Ingredients (in each tablet)	Purpose
Chlorpheniramine Maleate 2 mg.....	Antihistamine

**Uses:** temporarily relieves these symptoms due to hay fever and 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  
 difficulty in urination due to enlargement of the prostate gland  
**Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers**

**When using this product**  
 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

**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.

<b>Directions</b>	
Adults and children 12 years and older	take 2 tablets every 4 to 6 hours not more than 12 tablets in 24 hours
Children 6 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	

**Other Information**  
store at controlled room temperature 2°-30°C (30°-86°F)  
 Protect from excessive moisture

**Inactive Ingredients** D&C Yellow 10, Lactose, Magnesium Stearate, Microcrystalline Cellulose, Pregelatinized Starch

## Drug Facts

Active Ingredients (in each caplet)	Purpose
Acetaminophen 500 mg.....	Pain reliever/ fever reducer

- Uses:** temporarily relieves minor aches and pains due to:
- headaches
  - backache
  - menstrual cramps
  - muscle aches
  - arthritis
  - toothache
  - the common cold

**Warnings**  
**Alcohol warning:** If you consume 3 or more alcoholic beverages every day, ask your doctor whether you should take acetaminophen or other pain relievers/fever reducers. Acetaminophen may cause liver damage.

**Do not use**  
 with any other products containing acetaminophen

- Stop use and ask your doctor if**
- new symptoms occur
  - redness or swelling is present
  - pain gets worse or lasts for more than 10 days
  - fever gets worse or lasts for more than three days

**If pregnant or breast-feeding,** ask a health professional before use.

**Keep out of reach of children.**

*Adult*  
**Extra Strength**

**Pain Reliever  
 and Fever Reducer**

*Contains*  
**Acetaminophen**

**Caplets** 

**100 CAPLETS—500 mg each**

**Overdose warning:** Taking more than the recommended dose (overdose) could cause serious health problems. In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

- Directions.**
- do not take more than directed (see overdose warning)
  - take 2 caplets every 4 to 6 hours as needed
  - do not take more than 8 caplets in 24 hours

**Children under 12 years:** do not use this adult Extra Strength product in children under 12 years of age; this will provide more than the recommended dose (overdose) of acetaminophen and could cause serious health problems.

- Other Information**
- do not use if neck wrap or foil inner seal is broken or missing
  - store at room temperature

**Questions or comments?**  
 Call toll free 1-800-XXX-XXXX

## Drug Facts

Active Ingredients (in each liquid-filled capsule)	Purposes
Acetaminophen, 325 mg.....	fever reducer/pain reliever
Dextromethorphan HBr, 15 mg.....	cough suppressant
Doxylamine Succinate, 625 mg.....	antihistamine

**Uses:** temporarily relieves these symptoms occurring with a cold, flu, hay fever, or other upper respiratory allergies:

- headaches
- sore throat
- itchy, watery eyes
- itchy nose or throat
- minor aches and pains
- cough
- runny nose

**Warnings**  
**Liver warning:** This product contains acetaminophen. Severe liver damage may occur if you take:

- more than 8 capsules in any 24-hour period, which is the maximum daily amount
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product.

**Do not use**

- if you are taking a prescription monoamine oxidase inhibitor (MAOI)(certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease), or for two weeks after stopping these drugs. If you do not know if your prescription drug contains an MAOI, ask a doctor or a pharmacist before taking this drug.
- with any prescription or nonprescription drug containing acetaminophen

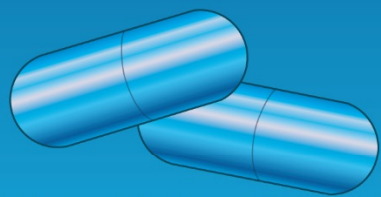
**Ask a doctor before use if you have:**

- liver disease
- glaucoma
- trouble urinating due to enlarged prostate gland
- coughing that occurs with too much phlegm (mucus)
- a breathing problem or chronic cough that lasts or occurs with smoking, asthma, chronic bronchitis, or emphysema

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

- the blood thinning drug warfarin
- any other pain reliever/fever reducer
- sedatives or tranquilizers

# Adult Cold and Flu Formula



20 Liquid-Filled Capsules

**Relieves:**

- Cough
- Sore Throat
- Fever
- Sneezing
- Body Aches
- Runny Nose

**When using this product:**

- marked drowsiness may occur
- avoid alcoholic drinks
- alcohol and sedatives may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

**Stop use and ask a doctor if**

- pain or cough gets worse or lasts for more than 7 days
- fever gets worse or lasts more than 3 days
- redness or swelling is present
- cough comes back or occurs with a rash or headache that lasts. These could be signs of a serious condition.
- new symptoms occur

**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. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

**Directions.**

- Do not take more than 8 capsules in any 24 hour period
- Do not exceed recommended dosage (Taking more than the recommended dose can cause serious liver damage.

age	dose
•adults and children 12 years and over	2 capsules every 6 hours
•children under 12 years	do not use

**Other Information**

- do not use if neck wrap or foil inner seal is broken or missing
- store at room temperature

**Inactive ingredients** FD&C blue no. 1, gelatin, glycerin, pharmaceutical ink, polyethylene glycol, povidone, propylene glycol, purified water, sorbitol sorbitan solution

**Questions or comments?**  
 Call toll free 1-800-XXX-XXXX

## Drug Facts

### Active Ingredient (in each gelcap) Purpose

Diphenhydramine HCL 25 mg.....antihistamine

**Uses:** temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:

- sneezing
- itchy nose or throat
- itchy, watery eyes
- runny nose

### Warnings

#### Do not use

- to make a child sleepy
  - with any prescription or nonprescription drug containing diphenhydramine, even one used on the skin
- Ask a doctor before use if you have:
- liver disease
  - glaucoma
  - trouble urinating due to enlarged prostate gland
  - a breathing problem or chronic cough that lasts or occurs with smoking, asthma, chronic bronchitis, or emphysema

**Ask a doctor or pharmacist before use if you are** taking sedatives or tranquilizers

**If pregnant or breast-feeding,** ask a health professional before use.

#### When using this product:

- marked drowsiness may occur
- avoid alcoholic drinks
- alcohol and sedatives may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children



## ALLERGY MEDICINE



### Relieves

- sneezing
- runny nose
- itchy nose or throat
- itchy, watery eyes

**60 Gelcaps**

### Keep out of reach of children

In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

### Directions

•if needed, repeat dose every 4-6 hours  
do not take more than 6 times in any 24 hour period

age	dose
adults and children 12 years and over	2 gelcaps
Children 6 to under 12 years	1 gelcap
Children under 6 years	do not use

### Other Information

- each gelcap contains 35 mg calcium
- do not use if neck wrap or foil inner seal is broken or missing
- store at room temperature

**Inactive ingredients** *benzyl alcohol, dibasic calcium phosphate, gelatin, FD&C red #40, red iron oxide, titanium dioxide, sodium propionate, polyethylene glycol*

### Questions or comments?

Call toll free 1-800-XXX-XXXX



## Drug Facts

### Active Ingredient (in each 15 ml Tablespoon)

Bismuth subsalicyclate .....upset stomach reliever  
250 mg antidiarrheal

### Purpose

**Uses:** relieves: •travelers' diarrhea •diarrhea •upset stomach due to overeating including belching, heartburn, gas •nausea

### Warnings

**Reye's syndrome:** Children and teenagers who have or are recovering from chicken pox or flu-like symptoms should not use this product. When using this product, if changes in behavior with nausea and vomiting occur, consult a doctor because these symptoms could be an early sign of Reye's syndrome, a rare but serious illness.

**Allergy Alert:** Contains salicyclate. Do not take if you •are allergic to salicylates (including aspirin)

- are taking other salicylates (including aspirin)
- with any prescription or nonprescription drug containing diphyhydramine, even one used on the skin

### Do not use if you have

- an ulcer
- a bleeding problem
- bloody or black stools

### Ask a doctor before use if you have

- fever
- mucus in the stool

### Ask a doctor or pharmacist before use if you are taking any drug for:

- anticoagulation (thinning the blood)
- diabetes
- gout
- arthritis

**If pregnant or breast-feeding,** ask a health professional before use.

# Quell

UPSET STOMACH RELIEVER  
AND ANTIDIARRHEAL

**5** Symptom Relief

•Nausea

•Heartburn

•Indigestion

•Upset Stomach

•Diarrhea

8 fluid ounces (236 ml)

**When using this product** a temporary, but harmless, darkening of the stool and/or tongue may occur.

**Stop use and see a doctor if** •diarrhea lasts for more than 2 days •symptoms get worse •ringing in the ears or loss of hearing occurs.

### Keep out of reach of children

In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical even if you

### Directions

- shake well before use
- for accurate dosing, use dosing cup
- adults and children over 12 years—1 dose (2 TBSP or 30 ml) every 1/2 to 1 hour as needed.
- do not exceed 8 doses (16 TBSP or 240 ml) in 24 hours
- use until diarrhea stops but not for more than 2 days
- children under 12: ask a doctor
- drink plenty of clear liquids to prevent dehydration caused by vomiting and diarrhea

### Other Information

• each TBSP contains: sodium 6 mg, salicylate 118 mg, •protect from freezing •protect from excessive heat (over 1040 F or 40 o C •low sodium •sugar free  
**TAMPER EVIDENT:** Do not use if neck wrap or foil inner seal is broken or missing  
• store at room temperature

**Inactive ingredients** benzoic acid, flavor, magnesium aluminum sulphate, saccharin sodium, salicyclate, sorbic acid, sucralose, water

### Questions or comments?

Call toll free 1-800-XXX-XXXX

## Drug Facts

**Uses:** temporarily reduces fever and temporarily relieves minor aches and pains due to •the common cold •flu

### Warnings

**Liver warning:** This product contains acetaminophen. Severe liver damage may occur if your child takes: • with other drugs containing acetaminophen •more than 5 doses in 24 hours, which is the maximum daily amount.

**Sore throat warning:** If sore throat is severe, persists for more than 2 days, is accompanied or followed by fever, headache, rash, nausea, or vomiting, consult a doctor promptly.

**Do not use** • with any other drug containing acetaminophen (prescription or non-prescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.

**Ask a doctor before use if your child has** liver disease or is taking the blood thinning drug warfarin.

**When using this product do not exceed the recommended dose (see overdose warning)**

•anticoagulation (thinning the blood) •diabetes •gout •arthritis

**Stop use and ask a doctor if** •new symptoms occur •redness or swelling is present •pain gets worse or lasts more than five days •fever gets worse or lasts more than 3 days. These could be signs of a serious condition.

**Keep this and all drugs out of reach of children.**

**Overdose Warning:** Taking more than the recommended dose (overdose) may cause liver damage. In case of accidental overdose, see professional assistance or contact a Poison Control Center immediately. Quick medical attention is critical even if you do not notice any signs or symptoms.

## SEE NEW WARNING & DOSING INFORMATION

# Children's Dye-Free Acetaminophen Oral Suspension

**Fever reducer, Pain reliever**  
Alcohol Free/Aspirin Free



## Grape Flavor

### 4 FL OZ (118 mL)

Compare to active ingredient in Children's Tylenol

**If pregnant or breast-feeding,** ask a health professional before use.

### Directions

- shake well before use
- this product does not contain directions or complete warnings for adult use
- shake well before using
- find right dose on the chart below. If possible, use weight to dose; otherwise, use age.
- use only enclosed dosing cup designed for use with this product. Do not use any other dosing device.
- if needed, repeat dose every 4 hours while symptoms last
- do not give more than 5 times in 24 hours
- do not give more than 5 days unless directed by a doctor

Weight (lb)	Age (yr)	Dose (tsp or mL)
•under 24	under 2	ask doctor
•24-35	2-3	1 teaspoon or 5 mL
•36-47	4-5	1 ½ teaspoons or 7.5 mL
•48-59	6-8	2 teaspoons or 10 mL
•60-71	9-10	2 ½ teaspoons or 12.5 mL
•72-95	11	3 teaspoons or 15 mL

### Other Information

•store at controlled room temperature

**TAMPER EVIDENT: Do not use if neck wrap or foil inner seal is broken or missing**

**Inactive ingredients** butyl paraben, carboxymethylcellulose sodium, cellulose, citric acid flavors, glycerine, high fructose corn syrup, propylene glycol, purified water, sodium benzoate, sorbitol, sucralose, xanthan gum.

### Questions or comments?

Call toll free 1-800-XXX-XXXX

**Drug Facts**

**Active Ingredients (in each tablet)** **Purpose**  
Phenylephrine HCL 10 mg .....nasal decongestant

**Uses:** •temporarily relieves nasal congestion due to common cold, hay fever, or other upper respiratory allergies •temporarily relieves sinus congestion and pressure

**Warnings**

**Do not use** if you are taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric, or emotional conditions, or Parkinson’s disease) or for two 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 disease •high blood pressure • thyroid disease • diabetes • trouble in urination due to enlargement of the prostate gland

**When using this product** •do not use more than directed

**Stop use and ask a doctor if** • you get nervous, dizzy, or sleepy •symptoms do not improve within 7 days or are accompanied by fever.

**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 older:  
•to relieve symptoms, swallow 1 tablet with a glass of water  
•to prevent symptoms, swallow 1 tablet with a glass of water 30 to 60 minutes before eating food or drinking beverages  
•can be used up to twice daily (up to 2 tablets in 24 hours)  
•do not chew tablet  
•children under 12: ask a doctor

**Other Information**

•do not use if individual unit is open •store at room temperature  
Inactive Ingredients carrageenan, FD&C blue #1, flavors, cellulose, polyethylene glycol, sucralose, and titanium dioxide

**Questions or comments?**

Call toll free 1-800-XXX-XXXX

# Nasofed PE

## NASAL & SINUS DECONGESTANT



**NON-DROWSY  
MAXIMUM STRENGTH**

**20 TABLETS**

## Drug Facts

**Active Ingredients (in each tablet) Purpose**  
Ranitidine 150 mg .....acid reducer

### Uses:

- relieves heartburn associated with acid indigestion and sour stomach
- prevents heartburn associated with acid indigestion and sour stomach brought on by eating certain foods and beverages

### Warnings

**Allergy Alert:** Do not use if you are allergic to ranitidine or other acid reducers.

**Do not use** •with any other acid reducers •if you have kidney disease, except under the advice and supervision of a doctor •if you have trouble or pain swallowing food, vomiting with blood, or bloody or black stools. These may be signs of a serious condition. See your doctor.

### Ask your doctor before use if you have:

- nausea or vomiting •stomach pain •unexplained weight loss
- frequent chest pain •frequent wheezing, particularly with heartburn
- had heartburn over 3 months. This may be a sign of a more serious condition.
- heartburn with lightheadedness, sweating or dizziness
- chest pain or shoulder pain with shortness of breath; sweating; pain spreading to arms, neck or shoulders; or lightheadedness •pain gets worse or lasts for more than 10 days •fever gets worse or lasts for more than three days

**Stop use and ask a doctor if** •your heartburn continues or worsens •you need to take this product for more than 14 days.

If pregnant or breast-feeding, ask a health professional before use.  
Keep out of reach of children.

### Directions Adults and children 12 years and older:

- to relieve symptoms, swallow 1 tablet with a glass of water
- to prevent symptoms, swallow 1 tablet with a glass of water 30 to 60 minutes before eating food or drinking beverages
- can be used up to twice daily (up to 2 tablets in 24 hours)
- do not chew tablet
- children under 12: ask a doctor

### Other Information

•do not use if individual unit is open •store at room temperature  
Inactive Ingredients carrageenan, FD&C blue #1, flavors, cellulose, polyethylene glycol, sucralose, and titanium dioxide

### Questions or comments?

Call toll free 1-800-XXX-XXXX

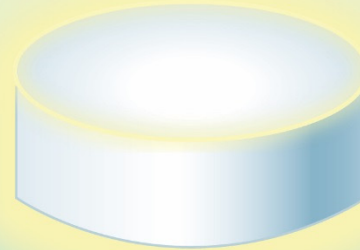
# Bantec 150

24 TABLETS (24 doses)

**FAST**

**LASTING**

**STRONG**



**COOL MINT TABLETS  
MAXIMUM STRENGTH**

**PREVENTS & RELIEVES HEARTBURN**  
associated with acid indigestion and sour stomach

# How to Read an Over-the-Counter Drug Facts Label

**Active Ingredient**  
An active ingredient is the chemical compound in the medicine that makes it work in your body to bring relief for your symptoms.

If you are taking more than one OTC medicine, compare the active ingredients. Do not take two medicines with the same active ingredient unless instructed by your doctor, pharmacist, or other healthcare professional.

**Uses**  
This section tells you the ONLY symptoms the medicine is approved to treat.

**Directions**  
The only recommended dosage and frequency of dosage will be listed here. You should follow this strictly. It's not just how much you take but how often.

**Warnings**  
This section tells you what other medications, foods, or situations (such as driving) to avoid when taking this medicine.

**Other Information**  
This section tells you other important information about the product, such as how to store the medicine.

**Inactive Ingredients**  
An inactive ingredient is a chemical compound in the medicine that does not treat symptoms. Preservatives, food colors, and flavorings, and binding agents will be listed here.

**Drug Facts**

Active Ingredients (in each tablet)	Purpose
Chlorpheniramine Maleate 2 mg.....	Antihistamine

**Uses:** temporarily relieves these symptoms due to hay fever and 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  
 difficulty in urination due to enlargement of the prostate gland

**Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers**

**When using this product**  
 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

**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.

<b>Directions</b>	
Adults and children 12 years and older	take 2 tablets every 4 to 6 hours not more than 12 tablets in 24 hours
Children 6 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

**Other Information**  
store at controlled room temperature 2°-30°C (30°-86°F)  
 Protect from excessive moisture

**Inactive Ingredients** D&C Yellow 10, Lactose, Magnesium Stearate, Microcrystalline Cellulose, Pregelatinized Starch

Modified from <http://www.intelihealth.com/article/how-to-read-a-drug-label> and <http://familydoctor.org/content/dam/familydoctor/images/drugs-procedures-devices/drug-facts-label.gif>

# Choosing and Using Medicines Safely

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Members of the Lee family have a variety of health problems. There are many over-the-counter (OTC) medicines that the family members could use. Over-the-counter (OTC) medicines are legal drugs that can be purchased without a prescription from a doctor. However, when people use OTC medicines, they need to be careful to read and follow the instructions on the medicine label to be certain that they use them safely.

Refer to the handout, **How to Read an Over-the-Counter Drug Facts Label**, to help you understand how to find important information on a medicine

**You will help members of the Lee family select appropriate over-the-counter medicines. For each family member, you will:**

- Read the description of the family member's symptoms.
- Read the **active ingredients**, **purpose**, and **uses** sections of the Drug Facts label on the medicines. Select one of the medicines that could be used to treat the person's symptoms. Record the name of the medicine that you selected.
- Read the **directions** on the Drug Facts label. Record the recommended dose and information on how often the person should take that dose.
- Read the **warnings**, **other information**, and **inactive ingredients** sections on the Drug Facts label. Make notes to explain precautions the person should take to avoid harmful effects from this medicine.

**Precautions** are actions taken in advance to prevent something dangerous, unpleasant, or inconvenient from happening.

**Bill Lee**  
**Age: 40 years**

**Bill is a long-distance truck driver. He has allergy symptoms (watery eyes, runny nose, and sneezing) that started when the family adopted a dog. Bill has no other health problems.**

1. Which medicine could be used to treat allergy symptoms? \_\_\_ **Dry-All Allergy Relief** \_\_\_
  - What is the correct dose? \_\_\_ **2 gel caps** \_\_\_
  - How often should this medicine be taken? \_\_\_ **every 4-6 hours** \_\_\_
  - Take no more than \_\_\_ **6 times or 12 gel caps** \_\_\_ in a 24 hour period.
2. Is it safe for Bill to use this medicine without consulting his doctor? Explain why or why not.

***Yes, because he has no other health problems. He might ask his doctor how long it is safe to take this medicine.***

3. List all of the precautions Bill should take to avoid harmful effects from this medicine.

***He should understand that the medicine causes drowsiness and be careful when driving. He should also avoid alcoholic drinks.***

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**Mimi Lee**  
**Age: 39 years**

**Mimi thinks that she has food poisoning from eating some leftover tacos that she found in the back of the refrigerator. She has both vomiting and diarrhea. She needs to be careful about what medicines she takes because she is pregnant.**

1. Which medicine could be used to treat vomiting and diarrhea? \_\_\_\_\_ **Quell** \_\_\_\_\_
  - What is the correct dose? \_\_\_ **30** \_\_\_ ml or \_\_\_ **2** \_\_\_ TBSP (tablespoons) \_\_\_\_\_
  - How often should this medicine be taken? \_\_\_ **every ½-1 hour as needed** \_\_\_
  - Take no more than \_\_\_ **8 doses or 16 TBSP or 240 ml** \_\_\_ in a 24 hour period.
2. When should someone stop use of this medicine and see a doctor? \_\_\_ **If diarrhea lasts for more than two days, if symptoms get worse, or if ringing in the ears or hearing loss occurs.** \_\_\_
3. Is it safe for Mimi to use this medicine without consulting her doctor? Explain why or why not.  
***No, because she is pregnant, she should contact her doctor before taking this medicine.***

**George Lee**  
**Age: 38 years**

**Uncle George frequently gets really bad head and jaw aches.**

1. Which medicine could be used to treat head and jaw aches? ***Extra Strength Pain Reliever and Fever Reducer*** \_\_\_\_\_
  - What is the active ingredient in this medicine? ***acetaminophen*** \_\_\_\_\_
  - What is the correct dose for this medicine? ***2 caplets*** \_\_\_\_\_
2. Because Uncle George is a large man, he thinks it is OK to take two doses of this medicine every 4 hours. Explain how taking too much of this medicine may harm his body. Be specific.

***An overdose of acetaminophen may cause liver damage.***

3. George often drinks more than three beers a day. Explain why it might be dangerous for him to take this medicine.

***Combining alcohol and acetaminophen may cause liver damage.***

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**Doug Smith**  
**Age: 70 years**

**Grandpa Doug thinks he has the flu. He has a fever (101 °F or 39 °C), chills, fatigue, muscle aches, headache, cough and stuffy nose. He has arthritis and takes daily doses of a prescription medication that contains acetaminophen. He also has glaucoma, an eye disease that gradually results in blindness.**

1. Which medicine could be used to treat flu symptoms? ***Adult Cold + Flu Formula*** \_\_\_\_\_
  - What is the correct dose? ***2 capsules*** \_\_\_\_\_
  - How often should this medicine be taken? ***every 6 hours*** \_\_\_\_\_
  - Take no more than ***8 capsules*** \_\_\_\_\_ in a 24 hour period
2. Is it safe for Doug to use this medicine without consulting his doctor? Explain why or why not.

***No, because he takes another medicine that contains acetaminophen and he has glaucoma.***



**Grace Smith**  
**Age: 69 years**

**Grandma Grace has a runny nose and sinus congestion. She takes a prescription antidepressant. She takes three dietary supplements each day (Ginkgo biloba, Saint John's wort and Vitamin C).**

1. Which medicine could be used to treat a runny nose and sinus congestion?     **Nasofed PE**    
  - What is the correct dose?     **1 tablet**
  - How often should this medicine be taken?     **twice daily**
  - Take no more than     **2 tablets**     in a 24 hour period

2. Is it safe for Grace to use this medicine without consulting her doctor? Explain why or why not.

***No, because she takes an antidepressant that may contain an MAOI inhibitor.***

3. List all of the medications and supplements Grace should tell her doctor that she takes.

***Antidepressant, Ginkgo biloba, Saint John's wort, and Vitamin C***

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**Laura Lee**  
**Age: 12 years**

**Laura has problems with stomach pain, heartburn, bloating, and burping. Eating things such as pizza and spicy foods makes her symptoms worse.**

1. Which medicine could be used to treat acid indigestion?     **Bantec 150**    
  - What is the correct dose?     **1 tablet 30-60 minutes before meals**
  - How often should this medicine be taken?     **up to twice daily**
  - Take no more than     **2**     tablets in a 24 hour period

2. When should someone stop taking this medicine?     **if heartburn continues or after 14 days**

3. Is it safe for Laura to use this medicine without talking with her parents or consulting her doctor? Explain why or why not.

***No, because she has stomach pain and the medicine says you should ask your doctor if you have stomach pain.***

**Kathy Lee**  
**Age: 15 months**

**Kathy is crying because she is teething. Her jaw hurts and she has an ear ache. During the day her temperature is normal, but at bedtime she develops a slight fever (99.5°F or 37.5°C).**

1. Which medicine could be used to treat children’s pain and fever? \_\_ **Children’s Dye Free Acetaminophen Oral Suspension** \_\_
2. Kathy is 15 months old. Is it safe for someone to give Kathy this medicine without consulting a doctor? Explain why or why not.

***No, she is less than 2 years old.***

3. The Drug Facts label says, “Use only enclosed dosing cup designed for this medicine.” Explain why you should not use a teaspoon from the kitchen for measuring the medicine.

***A teaspoon may not be accurate and it is important to measure the correct dose.***

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**Andrea Lee**  
**Age: 18 years**

**Andrea is shopping at the mall when she develops a bad headache. One of her friends offers her some pain reliever pills that she had in her wallet.**

1. List two reasons why Andrea should not take over-the-counter medicines offered by friends.
  - ***It is never safe to take medicine offered by a friend because you cannot be sure of what the medicine is.***
  - ***You may have health conditions that make it dangerous to take the medicine.***
2. What should Andrea do if her headache does not get better?

***Andrea could call her parents or talk to a pharmacist about what headache medicine she could purchase.***

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**Rick Lee**  
**Age: 19 years**

**Rick has a horrible headache and fever. Rick has diabetes and he takes insulin. He also has allergies and takes allergy medicine. He tried to call his mother to find out what medicine he should take, but his calls kept going to voicemail.**

1. Rick took Extra Strength Pain Reliever but he is still feeling worse. Make a list of three ways that Rick could get reliable health advice.
  - ***Call his doctor***
  - ***Talk to a pharmacist***
  - ***Go to the emergency room***
  - ***Go to a community health clinic***
  - ***Talk to a trusted adult family member or friend***
2. When Rick talks with a health professional, make a list of three things that Rick should be sure to tell them?
  - ***His symptoms—headache and fever***
  - ***Medicines that he is taking—insulin and allergy medicine***
  - ***Medical conditions or health problems—diabetes and allergies***

The **TeensHealth** from Nemours website provides information on how to communicate with a doctor.

- Talking to Your Doctor  
[http://kidshealth.org/teen/your\\_body/medical\\_care/talk\\_doctor.html#](http://kidshealth.org/teen/your_body/medical_care/talk_doctor.html#)
- Questions to Ask Your Doctor  
[http://kidshealth.org/teen/your\\_body/medical\\_care/questions\\_doctor.html](http://kidshealth.org/teen/your_body/medical_care/questions_doctor.html)