

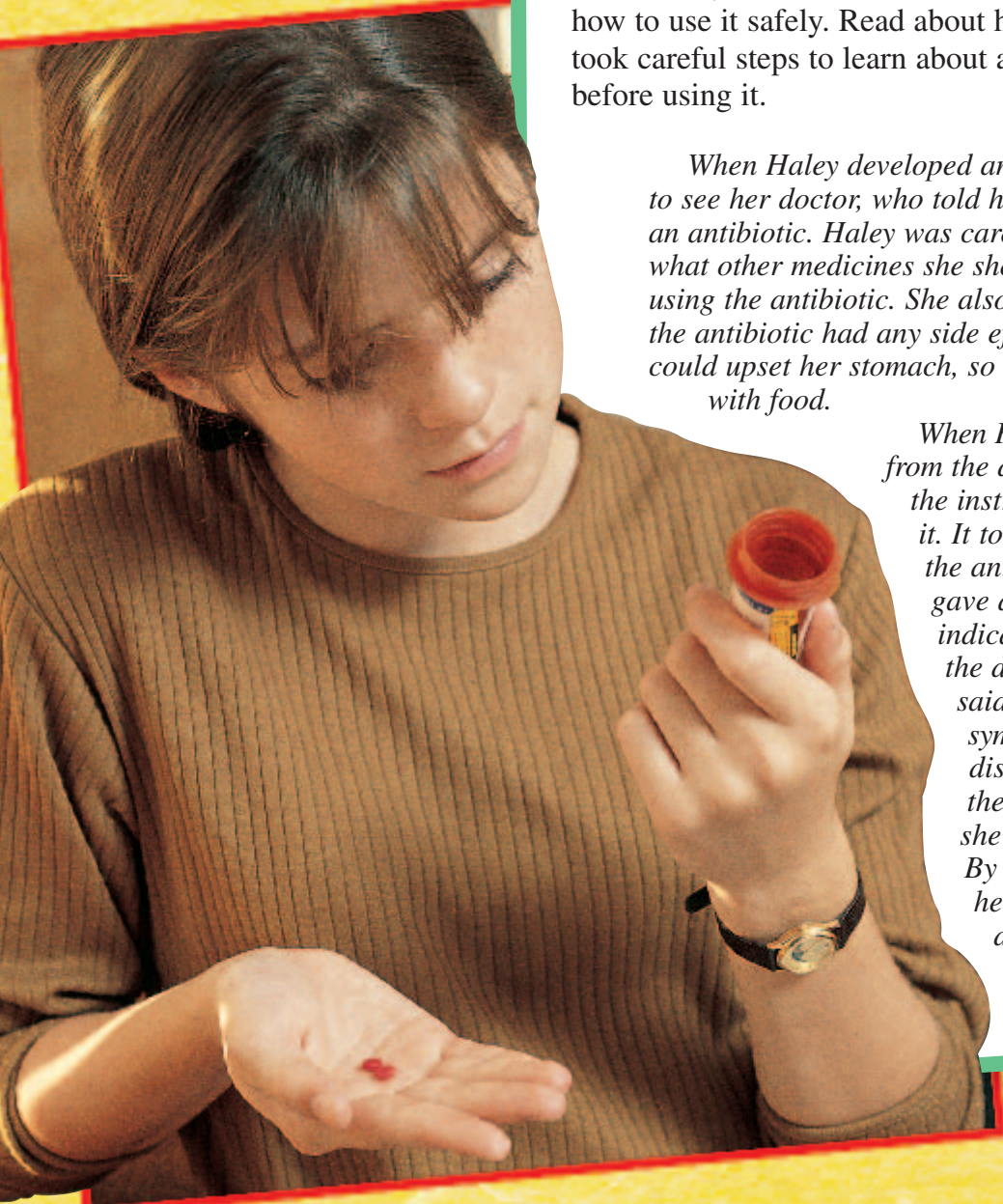
USING MEDICINES SAFELY

Model

Medicines are very helpful for treating diseases. However, they can also be harmful when taken improperly. Whenever you must take medicine, it is important to learn how to use it safely. Read about how a teen named Haley took careful steps to learn about a prescription medication before using it.

When Haley developed an ear infection, she went to see her doctor, who told her that she needed to take an antibiotic. Haley was careful to ask her doctor about what other medicines she should not take while she was using the antibiotic. She also asked the doctor whether the antibiotic had any side effects. He told her that it could upset her stomach, so she should always take it with food.

When Haley picked up her medicine from the drugstore, she carefully read the instruction sheet that came with it. It told her that she should take the antibiotic twice a day. It also gave a list of symptoms that could indicate an allergic reaction to the drug, such as a rash. It said to call the doctor if such symptoms appeared. Haley discussed the instructions with the pharmacist to make sure she understood them correctly. By the time she got home with her medicine, Haley felt confident that she had all the information she needed about how to use it safely.



Practice

Read the label from an over-the-counter cold remedy, shown below. Then answer the following questions about the medicine.

1. What symptoms is this medicine intended to relieve?
2. How much of the medicine should a 14-year-old use?
3. Who should talk to a doctor before using this medicine?
4. Under what circumstances should a person stop taking this medicine?

Apply/Assess

Create a label for an imaginary prescription or over-the-counter medicine. Your label should provide all the information users need to take the medicine safely. Include information about the conditions the drug treats, the correct dosage for different age groups, possible side effects and other warnings, and what to do in case of an overdose. Your label should also explain how to store the medicine safely. Finally, include a note telling readers whom they can ask if they need to find additional information about the drug. You may use the label below as a guide.



Accessing Information

Reliable sources of information about medicines include

- your doctor.
- your pharmacist.
- your parents.
- medicine labels.
- package inserts.

Self-Check

- Did my label explain how to use the medicine?
- Did I include a warning about side effects and other dangers?
- Did I tell users where to get more information?

Drug Facts

Active Ingredients (per liquid gelcap):

Guaifenesin 200 mg (expectorant),
Pseudoephedrine HCl 30 mg (nasal decongestant)

Inactive Ingredients: Edible ink, FD&C green #3, gelatin, glycerin, polyethylene glycol, propylene glycol, purified water, sorbitol. May also contain kollidon or povidone.

Uses: • loosens phlegm (mucus) • thins bronchial secretions to make coughs more productive • temporarily relieves nasal congestion

Warnings: Do not use if you are now taking a prescription monoamine oxidase inhibitor (MAOI) for depression, other psychiatric problems, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know whether your prescription drug contains an MAOI, ask your doctor or pharmacist before taking this product.

Ask a doctor before use if you have • heart disease • asthma • emphysema • thyroid disease • diabetes • high blood pressure • chronic bronchitis • excessive phlegm (mucus) • persistent or chronic cough • cough associated with smoking • difficulty in urination due to enlarged prostate gland

When using this product • do not exceed recommended dosage • do not use for more than 7 days

Stop use and ask a doctor if • nervousness, dizziness, or sleeplessness occur • symptoms do not get better or are accompanied by a fever • cough lasts more than 7 days, recurs, or is accompanied by a fever, rash, or persistent headache. A persistent cough may be a sign of a serious condition. If pregnant or nursing, 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:
2 liquid gelcaps every 4 hours; do not exceed 8 liquid gelcaps in 24 hours
children 6–12 years: 1 liquid gelcap every 4 hours; do not exceed 4 liquid gelcaps in 24 hours
children under 6 years: ask a doctor
Other Information: • store at room temperature (15°–30°C or 59°–86°F) • keep in a dry place and do not expose to excessive heat

Acetaminophen
For fast relief

