

Managing Your OTC Medications

A Pharmacy Guide to Self-Care



Know YOUR Medicine



Do you know what active ingredients are in your medicines? If not, you could be taking too much.

» Get to know your medicines.

*Promoting Wise Use of
Over-the-Counter Medicines*



Educate
Before You Medicate
Knowledge
is the Best Medicine



Being MedWise
helps us use
medications safely

An ounce of prevention...

- Regular exercise
- Low-fat/high-fiber diet
- Moderate alcohol consumption
- Stop smoking!
- Get plenty of rest
- Watch your weight



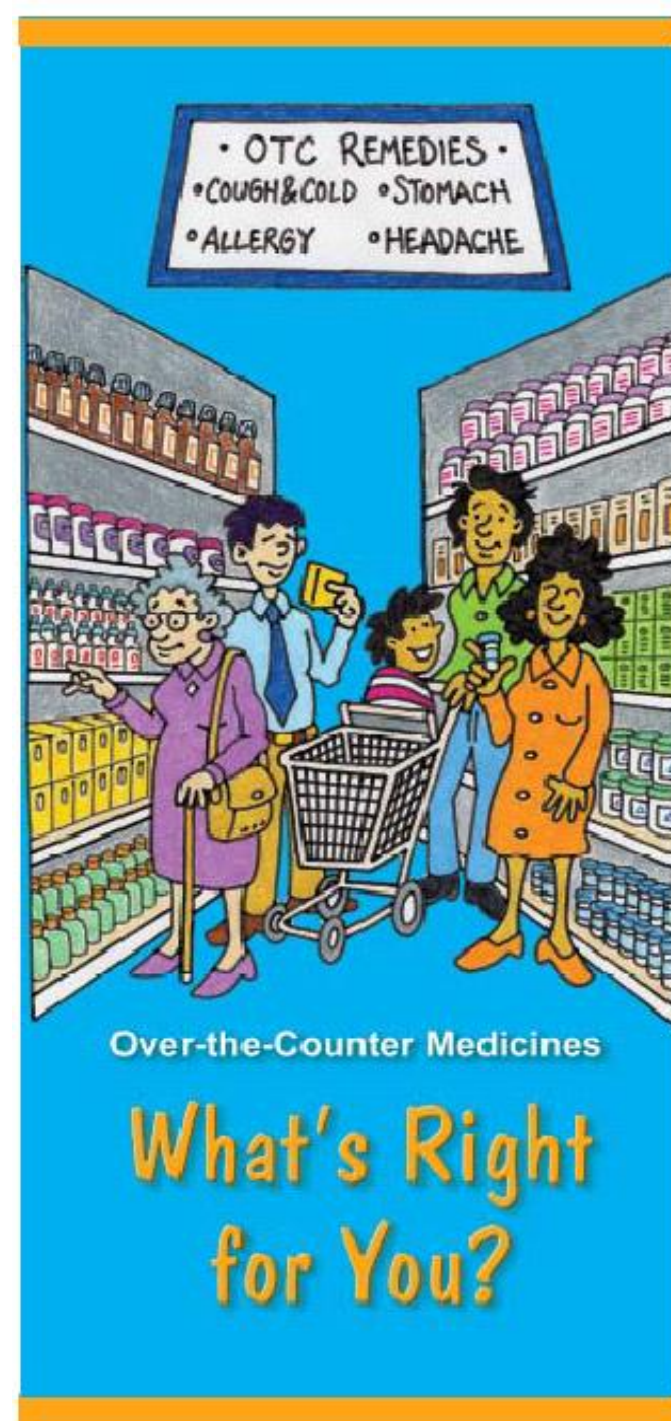
Is worth a pound of cure!

Most drugs only...

- *control* the disease
- *relieve* the symptoms

What are OTCs (over-the counter medications)

- Do not require a prescription
- Do not assume all medications are safe for all people



TAKE TIME TO BE CAREFUL!!!

- ***Know what is in your medicines***
 - OTC's may contain same active ingredient as in other OTC's or Rx's
 - Read and compare labels
 - Consult MD or Pharmacist



Ten Ways to Be MedWise



1. Read labels carefully:
 1. Product for symptom(s)
 2. Active; Inactive ingredients
 3. Understand Use: purpose
 4. Warnings; Precautions
2. Carry a list of ALL medicines
3. Read directions carefully
4. Watch for combination products: Rx and OTC

Know YOUR Medicine



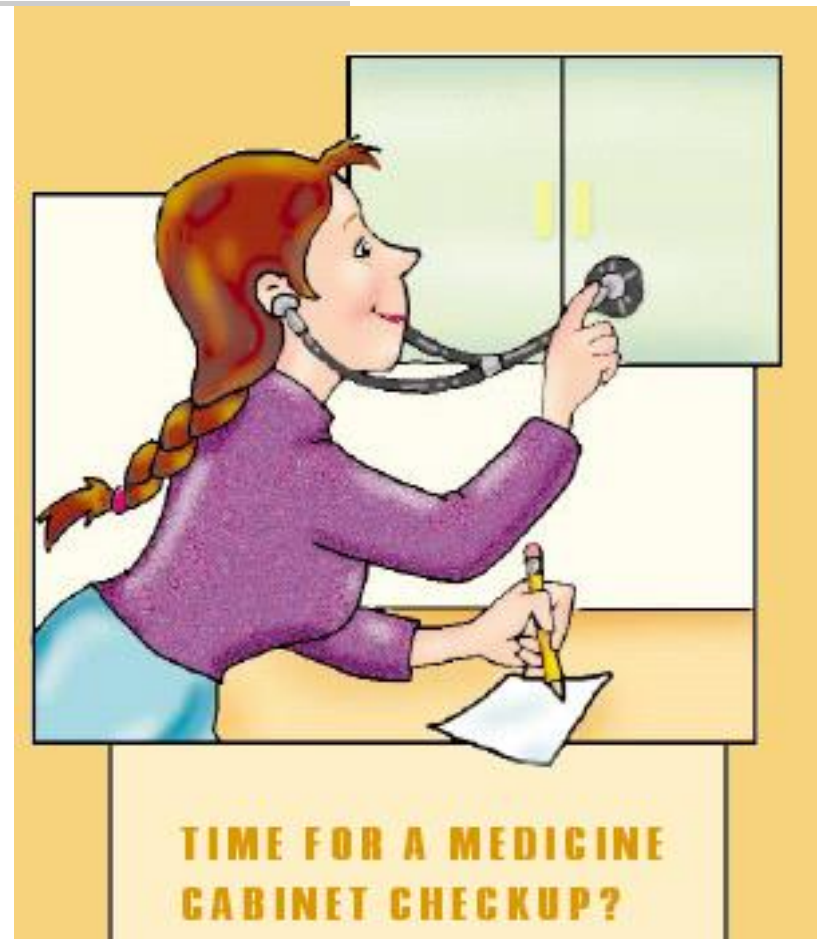
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Ten Ways to Be MedWise



5. Do not give adult-strength to children
6. Too much product can be harmful
7. Adverse reactions or one drug interferes with another drug's effectiveness
8. Do not take OTC meds after expiration date
9. Store in cool dry place
10. Keep medicines in original container
 1. Review OTC annually



Drug Interactions: A Word to the Wise

- Avoid Alcohol
- Avoid OTC's that cause drowsiness
- Ask if products contain Aspirin



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Pregnancy and Breast-Feeding

- Many medications pass through to unborn baby
- Most medications pass into breast milk
- Always ask your HCP before taking medications



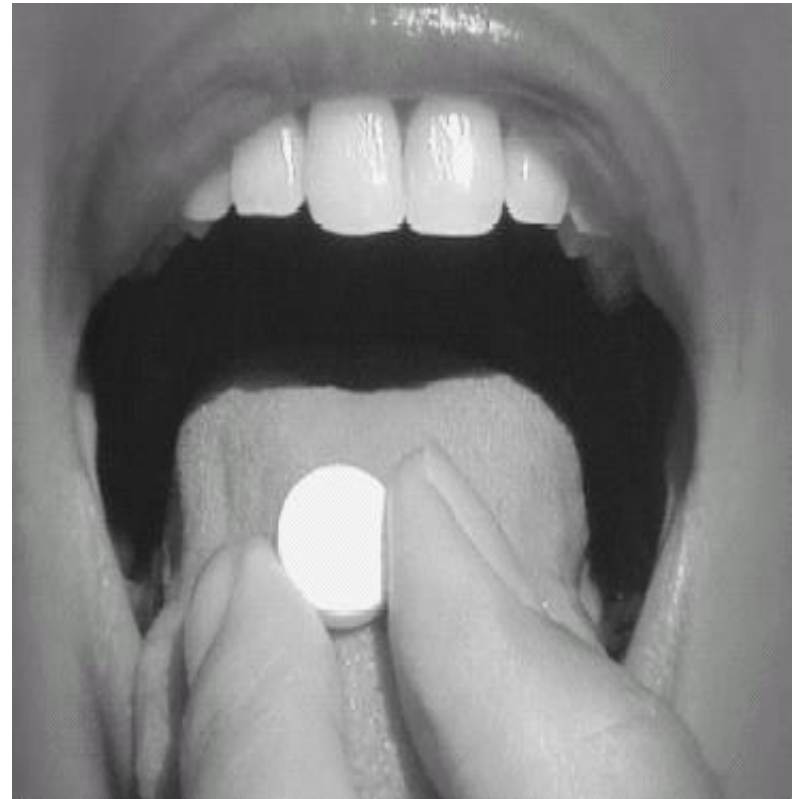
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You may need an OTC for: What's right for Me

- Allergy
- Cough/Cold
- Constipation/Diarrhea
- Pain/Fever
- Skin Problems
- Heartburn



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Allergies



- Antihistamines
 - loratadine (Claritin)
- Decongestants
 - pseudoephedrine (Sudafed)
- Nose drops/sprays
 - saline

Cold /Cough



Cold

- Dimetapp Elixir (contains pseudoephedrine)
 - **Not for use in children under 12**
- Actifed (contains pseudoephedrine)
 - **Not for use in children under 12**

Cough

- Expectorant: Robitussin
- Suppressant: Robitussin-DM
 - **Not for use in children under 12**
 - Nearly half of OTC drugs, more than 125 products, contain an ingredient called dextromethorphan (or DXM).
 - Check other medications for this ingredient to prevent accidental overdose.

Constipation

- Vegetables, fruits, and fluids
- Metamucil
- Milk of magnesia
- Children
 - Karo Syrup (1TBS in 4oz warm water)
 - Glycerin suppositories (short-term)
 - Avoid mineral oil



Diarrhea

- Clear liquid diet first
- When liquids tolerated, try constipating foods, such as bananas, rice, apple sauce
- Immodium



Pain/Fever



- Acetaminophen (Tylenol)
 - Liquid and drops-different concentrations!!!
 - Check all other medications you are taking for this ingredient.
 - Adult maximum is 3,000mg per day. Please consult your pediatrician before use in children.
- Ibuprofen (Advil, Motrin, others)
 - Effective for inflammation—arthritis, cramps
- Icy-Hot equivalent
 - Effective for localized muscle aches

**Why is it important to know
that all these medicines
contain acetaminophen?**



Because too much can damage your liver.

Acetaminophen is an active ingredient found in more than 600 over-the-counter

Minor wounds



- Proper wound care
 - Keep wound and bandage clean
 - sometimes open air aids healing
 - soap and water
 - Hydrogen peroxide or Betadine
- Antibiotic ointments
 - Bacitracin ointment

Skin Problems in Adults



- *Fungal infection*

- Localized warm, moist areas of the skin
- Toes, groin, beneath breasts
- Red, itchy, blistery rash

- *Rash*

- Localized followed by new contact, i.e poison ivy, shampoo
- New medication
- Stressed or upset
- Fever and joint pain
- Rash spreading
- Rash itch

Treatment of Skin Irritations Adults

- *Fungal infection*

- Itchy-keep moisturized
- Dry, clean and cool
- Cotton socks/use powder
- Allow area to “breathe”
- Antifungal lotion, cream, powder

- *Rash*

- Avoid soap
- Itchy-apply cold, wet compresses
- Exposure to air
- Calamine for plant rashes
- Antihistamines for most rashes
- OTC option: Hydrocortisone 0.5% cream



Skin Irritations Children



- Red, pimple-like spots to blisters along with fever
 - Rash in diaper area only
 - Yellow scaling or crusting on infant scalp
- Chickenpox—APAP, Aveeno, trim fingernails
 - Diaper Rash—air dry, Zinc Oxide
 - Cradle Cap--shampoo



Heartburn

- GERD

- Acids produce a burning sensation and discomfort between ribs below the breastbone.
- Sour or bitter fluid backing up into throat or mouth

- OTC Treatment

- Avoid foods –chocolate, tomato juices, caffeine, fatty or fried foods and carbonated drinks.
- Stop smoking
- Try APAP rather than aspirin or Motrin or naproxen
- Antacid products- Gaviscon, Maalox, Mylanta, Tums
- Acid blockers- Zantac 75, Pepcid AC, Prilosec
- Prescription is required for Heartburn medication at MACH

Other problems...

- Consult your handbook for other minor problems
- Ask your pharmacist or other healthcare provider
- Keep in mind the pharmacy does not stock all available OTC products



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