

THE BE MEDWISE PRESCRIPTION FOR TAKING OVER-THE-COUNTER MEDICINES WITH CARE

RICHARD H. CARMONA, M.D., M.P.H.
SURGEON GENERAL OF THE UNITED STATES

When selecting an over-the-counter (nonprescription) medicine, always read the instructions and warnings on the product label.

Some questions to ask your pharmacist or doctor:

- ✓ What over-the-counter (OTC) medicines are available for the symptoms I want to treat?
- ✓ How much of this OTC medicine should I take at a time?
- ✓ How often should I take this OTC medicine?
- ✓ How many days in a row should I use this medicine to treat my symptoms?
- ✓ What other medicines (OTC and prescription), herbal products or dietary supplements should I avoid while taking this OTC medicine?

Remember, OTC drugs are serious medicines that should be taken with care. That is why it is so important to **Be MedWise** when buying and taking OTC medicines.

*VADM Richard Carmona
US Surgeon General*

Be MedWise® is an educational campaign of the National Council on Patient Information and Education

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