

Be MedWise About Your Nonprescription Medicines

Nonprescription medicines are plentiful, and they can help to relieve many common ailments like temporary pain, coughs, colds, fever, and heartburn. To ensure your safety when using these “over-the-counter” medicines, (NAME OF ORGANIZATION) encourages you to follow these steps:

- ◆ Read the label—every time you buy or use a nonprescription medicine and pay special attention to the ingredients, usage directions and warnings
- ◆ Take only the recommended dose as stated on the label
- ◆ If you're not sure your medicines will work safely together, talk to your doctor or pharmacist before combining an OTC medicine with a prescription drug or with another OTC remedy
- ◆ Keep a record of all the OTC medicines, prescription drugs, dietary supplements and herbal remedies you take, listing the active ingredient(s), and reason for taking each one. Share this record with your health care providers at each visit.

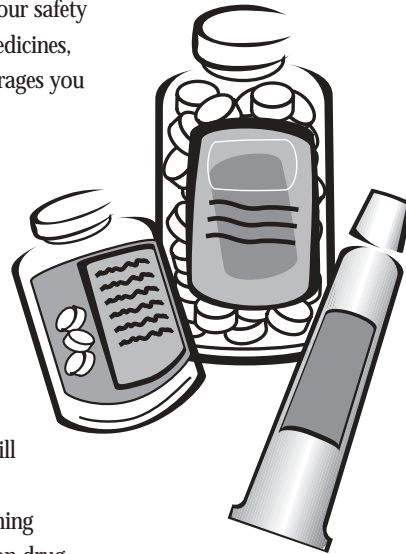


(NAME OF ORGANIZATION) is proud to join in the nationwide Be MedWise campaign. To learn more about using OTC medicines wisely, visit www.bemedwise.org.

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