

# 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. If you want more information, talk to your pharmacist or doctor.

## Some questions to ask:

- ✓ 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.

*Richard H. Carmona*  
*US Surgeon General*