

The Be MedWise Prescription For Taking Over-the-Counter Medicines

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?**

"If you take over-the-counter drugs, remember that these are strong medicines. That's why I've written this prescription with important questions to ask your pharmacist or other health care professional."

—Richard Carmona, M.D., M.P.H.
Surgeon General of the United States



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