ALLERGY RELIEF

ANTIHISTAMINE

Diphenhydramine HCl

Relieves Sneezing, Runny Nose, Itchy, Watery Eyes, and Itchy Throat

Drug Facts

Active ingredient (in each tablet)

Diphenhydramine HCl 25 mg - Anti-histamine

Uses

- temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:
  - runny nose
  - sneezing
  - itchy, watery eyes
  - itching of the nose or throat
- temporarily relieves these symptoms due to the common cold:
  - runny nose
  - sneezing

Warnings

Do not use with any other product containing diphenhydramine, even one used on skin

Ask a doctor before use if you have:
- glaucoma
- trouble urinating due to an enlarged prostate gland
- a breathing problem such as emphysema or chronic bronchitis

Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers

When using this product:
- marked drowsiness may occur
- avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- excitability may occur, especially in children
- be careful when driving a motor vehicle or operating machinery
- pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- take every 4 to 6 hours
- do not exceed 6 doses in 24 hours
- adults and children 12 years of age and over: 25 mg to 50 mg (1 to 2 tablets)
- children 6 to under 12 years of age: 12.5 mg (1 tablet)
- children under 6 years of age: ask a doctor

** 12.5 mg dosage strength is not available in this package. Do not attempt to break tablets.

Other information

- each tablet contains: calcium 45 mg
- store at room temperature 15°-30°C (59°-86°F)
- retain carton for complete product information

Inactive ingredients:
- colloidal silicon dioxide, croscarmellose sodium, D&C red #27, dibasic calcium phosphate, FD&C yellow #6, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polysorbate 80, titanium dioxide
THINK ABOUT OVER-THE-COUNTER MEDICINES

1. How much medicine should an adult take?

2. How often should a person take this medicine?

3. What is the most medicine a person can take in 24 hours?

4. Should a 9 year old take this medicine?

5. What is the expiration date?

6. Why should a person use this medicine?

7. What should a person do in case of an overdose?
The Right Dose

Children: Take 2 teaspoons every 2 hours.

7:00 AM

WAKE UP!!!

11:30 AM

Adults: Take 4 pills every 4 hours. Children: Take 2 pills every 4 hours.

7:00 AM

WAKE UP!!!

12:00 PM

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How to read a medicine label
Information found on your prescription label

- The name and address of the pharmacy.
- When you call for a refill, call this pharmacy.
- This tells you how and when to take your medicine.
- This is the name of the medicine.
- This tells you how many refills.

Pharmacy ABC
1 Central Avenue, Trenton, NJ
DEA# CD987654321

Rx# 1234000

SMITH, MARY
3 MAIN STREET
TRENTON, NJ 08600

TAKE ONE TABLET BY MOUTH EVERY DAY

DRUG A 88 MG TABLET

QTY 30
3 REFILLS REMAINING

DATE FILLED 1/5/06 DATE WRITTEN: 1/1/06

- Prescription Number
- Your name and address (make sure the information is correct)
- This tells you the amount of medicine in the pill
- Number of pills in the bottle

If you have questions speak with your pharmacist or your doctor.
How to read a medicine label

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If you have questions speak with your pharmacist or your doctor.
Questions

1. Who is this prescription for?

____________________________________________________________

2. What is the prescription number?

____________________________________________________________

3. What is the name of the medicine?

____________________________________________________________

4. Can the medicine be refilled?

____________________________________________________________

5. When does the medicine expire?

____________________________________________________________

SHAKE WELL TAKE 1 TEASPOONFUL BY MOUTH EVERY 12 HOURS AS NEEDED FOR COUGH
TUSCINEX PENNICKIN SUSB MPO

APPLY TO RASH 3 TIMES A DAY AS DIRECTED
CLOTRIMAZOLE/BETAMETH CREAMTAR

PLACE 10 DROPS INTO THE LEFT EAR TWICE A DAY AS DIRECTED
FLOXIN 0.3% EAR DROPS DAI

TAKE 1 CAPSULE BY MOUTH 3 TIMES A DAY
AMOXICILLIN 500MG CAPSULE TEV
Match the medicine with the picture.
Match the medicine with the picture.

1. Drops __________
2. Tablets/pills __________
3. Capsules __________
4. Cream/ointment __________
5. Liquid __________
6. Spray __________
7. Suppository __________
8. Inhaler __________
9. Injection/shot __________

Medicine Labels: Handout 10

Pharmacist: Hello, how can I help you?
Patient: I need to find an over-the-counter medicine for allergies.
Pharmacist: What are your symptoms?
Patient: I have a headache and sneeze often.
Pharmacist: Here is a medicine that works for many people. Try this medicine.
Patient: Will this medicine cause side effects?
Pharmacist: The label says this medicine may make you feel sleepy.
Patient: Is there a medicine that will not make me sleepy?
Pharmacist: Yes, try this one.
Patient: Thank you.
Personal Information

Name __________________________
Phone # ________________________
Address ________________________
Allergies ________________________
Chronic conditions ________________________

Pharmacy Information

Name __________________________
Phone # ________________________
Insurance Plan ________________________
Policy # ________________________

In Case of Emergency

Name __________________________
Phone # ________________________

What to Ask Your Healthcare Professional or Pharmacist

☐ What is the medication's name?
☐ What is the medication for?
☐ How much do I take? How often?
☐ Do I take food or a drink with it?
☐ What food/drinks/activities to avoid?
☐ Will it react with other drugs/herbs?
☐ What are possible side effects?
☐ What if I miss a dose?
☐ For how long do I take it?
☐ When should I talk to you if my symptoms don't change?
☐ Are generic forms available?
☐ Can the prescription be refilled?
## Current Medications List

Keep this list up-to-date, and take it to all healthcare visits.

<table>
<thead>
<tr>
<th>MEDICATION NAME</th>
<th>REASON TO TAKE</th>
<th>DATE STARTED</th>
<th>DATE STOPPED</th>
<th>WHEN/HOW TO TAKE</th>
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<tr>
<td>Name</td>
<td>What is it?</td>
<td>How do you take it?</td>
<td>Warning on label</td>
<td>Meaning?</td>
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<tr>
<td>Nancy</td>
<td>capsule</td>
<td>I swallow it whole with water.</td>
<td>Take with food.</td>
<td>Take the medicine with a snack or a meal.</td>
</tr>
<tr>
<td>Steve</td>
<td>tablet</td>
<td>I can chew or swallow it whole.</td>
<td>May cause drowsiness.</td>
<td>It can make you sleepy. I should not drive or use machines while taking this.</td>
</tr>
<tr>
<td>Jeff</td>
<td>liquid</td>
<td>I measure the dose of one teaspoon into a measuring spoon.</td>
<td>Take on empty stomach.</td>
<td>Take this medicine a few hours before or after you eat. Example: 2 hours before lunch. Do NOT take with meals.</td>
</tr>
<tr>
<td>Rosa</td>
<td>ointment</td>
<td>I rub it on the rash on my skin.</td>
<td>For external use only.</td>
<td>Do NOT put this in your mouth. Do not swallow it.</td>
</tr>
</tbody>
</table>

1. Can Nancy chew her capsule before she swallows it?
2. Which kind of medicine is rubbed on the skin?
3. Can Nancy take her capsule with her lunch?
4. Can Jeff take his liquid medicine with his breakfast?
5. Can Jeff take his liquid medicine ½ hour after breakfast?
6. Should Steve take his tablet before he drives to his job?
7. Who can share their prescription medicine with others in the family?