

# SELECTING AN OVER-THE-COUNTER (OTC) PRODUCT WISELY

1. Know the proper name of any medical problem you have.
2. Know the name, strength and dose of all current prescription and OTC medications you are taking.
3. Know the reason you are taking each prescription and OTC medication.
4. Remember, OTC medications can have side effects, interactions with other drugs and medical problems, and restrictions in use just like prescription medications. Read the label thoroughly before buying any OTC product. All the information is important.
5. Talk to your doctor or pharmacist before buying an OTC product for the first time. Make sure the doctor and pharmacist know about all of the medications you already take and about all of the medical problems you may have. Make sure all your questions are answered.
6. If you want to try a different OTC product, or if anything in your medical profile has changed, repeat each selection step.
7. Generic OTC products offer an economical option over brand name products. (Prescription products are not always interchangeable.)
8. Remember, for the most part, OTC medications are only for short term, use. If a self-diagnosed problem does not resolve within a reasonable time, see your doctor.
9. Keep a written record of the above information, questions and answers. Use it when talking to your doctor or pharmacist.
10. You are responsible for the wise use of OTC products. Do not take them for granted.