

4. Prescription (Rx) Terms

Term	What It Means
ad lib.	As needed
a.c.	Before meals
b.i.d.	Twice a day
caps	Capsule
gtt.	Drops
h.s.	At bedtime
p.o.	By mouth
p.c.	After meals
p.r.n.	As needed
q.4.h.	Every 4 hours
q.i.d.	Four times a day
q.d.	Daily
q.o.d.	Every other day
t.i.d.	Three times a day
Ut dict., UD	As directed

5. Medication Match-Up

Medicine-Related Terms	
Term	What It Means
Antiseptic	Destroys harmful germs
Buffered	An antacid has been added to protect the stomach lining
Elixir	A liquid form of a medicine. It is usually pleasant tasting.
Generic	The name of a medicine able to be used by each drug manufacturer. It is often used to mean a less costly equivalent of a brand name medicine.

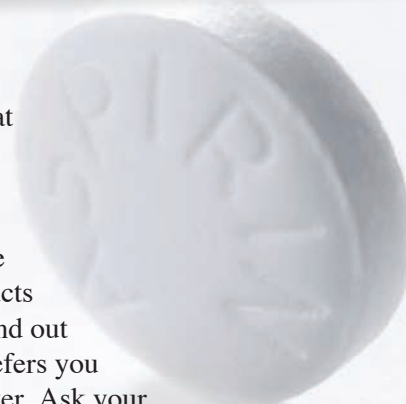
Types of Medicines	
Type	Use
Acid Reducers or Controllors	Prevent and relieve heartburn
Amphetamines	Stimulate the central nervous system
Analgesics	Relieve pain
Antacids	Relieve heartburn and indigestion. Neutralize stomach acid
Antibiotics	Treat bacterial infections
Antiemetics	Treat nausea and vomiting
Antihistamines	Treat cold symptoms and allergic reactions
Barbiturates	Depress the central nervous system. (Can be addictive.)
Decongestants	Reduce swollen mucous membranes in the nose and sinuses
Diuretics	“Water pills.” Help the body get rid of excess fluid and lower blood pressure.
Laxatives	Treat constipation
Muscle Relaxants	Relieve muscle spasms
Narcotics	Strong painkillers. Also promote sleep. (Can be addictive.)
Sedatives	Calming agents. (Can be addictive.)

6. Over-the-Counter (OTC) Medicines

Over-the-counter (OTC) medicines are ones that you can get without a prescription. In general, they are less potent than prescribed ones.

Use OTC Medicines Wisely

- Ask your doctor what OTC products you should avoid and which ones are safe for you to use. These include herbal products and supplements. Find out what your doctor prefers you take for pain and fever. Ask your pharmacist if an OTC medicine is safe for you to take with your prescribed medicines.
- Do not exceed the dose on a label or take OTC medicines on a regular basis unless your doctor tells you to.
- If you have an allergy to a medicine, check for it in the list of ingredients on all medicines.
- Read information and warnings on the label to help you decide whether or not the product is safe for you to take. Check with your doctor or pharmacist, too. For information on reading OTC medicine labels, access www.fda.gov. Search for “Over-the-Counter Medicine Label.”
- Don’t take an OTC medicine if you are pregnant or nursing a baby unless your doctor says it is okay.
- Be sure to store medicines in a convenient dry place, out of children’s reach.
- Don’t ever tell children that medicine is candy.
- Before you take an OTC medicine, check the expiration date. Replace items as needed.



7. Your Home Pharmacy

Basic Over-the-Counter (OTC) Medications That Can Help with Self-Care*

Antacids – (e.g., Tums®, Rolaids®, Mylanta®) – For stomach upset, heartburn. Don’t use for more than 2 weeks without your doctor’s advice. Don’t use high-sodium ones if on a low-salt diet. Don’t use if you have chronic kidney failure.

Antidiarrheal medicine** – (e.g., Kaopectate®, Imodium A-D®, Pepto-Bismol®) – For diarrhea. Don’t give Pepto-Bismol to anyone under 19 years of age. It contains salicylates, which have been linked to Reye’s Syndrome. Pepto-Bismol can cause black stools.

Antihistamines** – (e.g., Benadryl®) – Relieve allergy symptoms (runny nose and itching). May cause drowsiness, agitation, dry mouth, and/or problems with urinating. Don’t use with alcohol, when you operate machines, or when you drive. Don’t use if you have glaucoma, an enlarged prostate, or problems urinating.

Cough suppressant** – (e.g., ones with dextromethorphan) – For a dry cough without mucus. May cause drowsiness. People with glaucoma or problems urinating should avoid ones with diphenhydramine.

Decongestant** – (e.g., Sudafed®) – For stuffy and runny nose, postnasal drip, allergies, and fluid in the ear. Don’t use if you have high blood pressure, diabetes, glaucoma, heart disease, history of stroke, or an enlarged prostate.

Expectorant** – (e.g., ones with guaifenesin) – For a cough with mucus. Don’t give with an antihistamine.

Laxatives – (e.g., stimulant-types, such as Ex-Lax® and Correctol® and bulk-forming type, such as Metamucil®) – For constipation. Long-term use of stimulant-type can lead to dependence and to muscle weakness (due to potassium loss).

* Follow your doctor’s advice for OTC medicines.

** Do not give OTC medicines for colds, coughs and/or the flu to children under 6 years old. For children age 6 years and older, follow their doctor’s advice.

Pain Relievers

Acetaminophen – (e.g., Tylenol®, Tempra®) – For pain relief. Reduces fever. Does not reduce swelling. More gentle on stomach than other OTC pain relievers. Can result in liver problems in heavy alcohol users. Large doses or long-term use can cause liver or kidney damage.

Aspirin – (e.g., Bayer®, Bufferin®) – For pain relief. Reduces fever and swelling. Can cause stomach upset (which is made worse with alcohol use). May be a factor in stomach ulcers and bleeding. Avoid if you: Take blood-thinning medicine; have an ulcer; have asthma; are under 19 years of age (due to its link to Reye’s Syndrome); and/or are having surgery within 2 weeks. High doses or prolonged use can cause ringing in the ears.

Ibuprofen – (e.g., Advil®, Medipren®, Motrin®) – For pain relief. Reduces fever and swelling. Especially good for menstrual cramps. Can cause stomach upset and ulcers. Take with milk or food. Can make you more sensitive to the effects of the sun. Don’t use if you are allergic to aspirin. Don’t use if you have ulcers, blood clotting problems, or kidney disease.

Ketoprofen – (e.g., Actron®, Orudis KT®) – For pain relief. Reduces fever and swelling. Can cause stomach upset and ulcers. Take with milk or food. Can make you more sensitive to the effects of the sun. Don’t use if you are allergic to aspirin. Don’t use if you have ulcers, blood clotting problems, or kidney disease.

Naproxen sodium – (e.g., Aleve®) – For pain relief. Reduces fever and swelling. Can cause stomach upset and ulcers. Take with milk or food. Can make you more sensitive to the effects of the sun. Don’t use if you are allergic to aspirin. Don’t use if you have ulcers, blood clotting problems, or kidney disease.

Throat anesthetic – (e.g., Sucrets®, Chloraseptic® spray) – For minor sore throat. Don’t give throat lozenges to children under 5 years of age.

Toothache anesthetic – (e.g., Anbesol®) – For toothache, teething. Get doctor’s okay for use in children under 4 months old.

8. Overhaul Your “Medicine Cabinet”

The medicine cabinet in a bathroom is not a good place to store medicines. Dampness and heat can shorten the shelf life of some medicines.

- Your “medicine cabinet” should be in a cool, dry place, such as a top shelf of a closet. If there are children in the house, keep all medicines and vitamins locked in a high place, well out of their reach.
- Inventory your “medicine cabinet” at least once a year:
 - Take everything out.
 - Check expiration dates. Throw out all outdated medicines. If you’re not sure about a certain item, ask your pharmacist.
 - If medications are not in original containers and labeled clearly, throw them away.
 - Discard old tubes of cream that have become hardened or cracked. Throw out any liquid medicine that started out clear, but now appears cloudy or filmy.
 - Put back items that are still usable. Replace discarded items with new ones.



For More Information, Contact:

National Center for Complementary and Alternative Medicine (NCCAM)
<http://nccam.nih.gov>

U.S. Food and Drug Administration
www.fda.gov

Get Free Health Information, from:
www.HealthyLearn.com