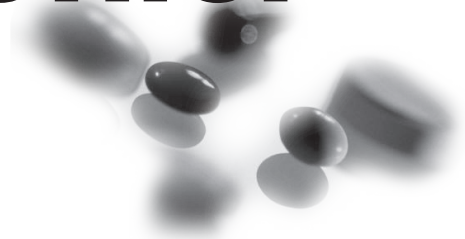


Over-the-counter Medications



Over-the-counter medications are bought without a doctor's prescription or advice. Laxatives, antihistamines, antacids, vitamins, and pain and cold medications are the most common. Many people choose to take over-the-counter medications to treat their health problems. If misused, over-the-counter medications can be harmful!

Safe use of over-the-counter medications

Before you buy an over-the-counter medication, speak to your Pharmacist or Doctor and ask the following questions:

1. What over-the-counter medication is best for the symptoms I have?
2. Is this drug safe for me?
3. Will it affect the prescription drugs I am currently taking?
4. Should I avoid any foods or alcohol when taking it?
5. Does this medication contain a drug to which I am allergic?
6. How and when should I take it for?
7. How long should I take it?
8. Does it have any negative effects and what should I do if they occur?



For more information, please contact
York Region *Health Connection*

1-800-361-5653
TTY 1-866-252-9933

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Over-the-counter Medications

Safe storage of over-the-counter medications

Where should I store my medication?

- In a cool, dry place away from sunlight
- Out of reach of children
- Kitchen or linen cupboards

Do you store your over-the-counter medications in your bathroom cabinet?

- Heat and moisture in the bathroom may damage medications

Is there anything else I need to know?

- Keep medications in original containers so you know what they are
- Don't mix different pills together in the same container
- Check expiry dates twice a year – don't use if outdated
- Take your old medications to your pharmacist for disposal



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