

## OTC and Prescription Medications

### Objectives:

The student will

- Access and analyze information for the purpose of improving personal and family health.
- Compare and convert units of measurement for length, area, weight/mass, and volume.
- Read and demonstrate comprehension of a variety of informational selections.
- Interpret OTC and prescription medication instructions, warnings, and labels.
- Determine when to use medications appropriately.

### Materials

Empty boxes of OTC medications for cold, flu, allergies, stomach discomfort, etc. with package inserts

Empty prescription bottles with the labels, and contraindication information that came with the medication

Colored chalk or colored markers

Medicines in My Home (Worksheet, Pre-Test, Post-Test, Home Project)

### Procedures

1. Place the packages of medications on a table in plain view of the class and allow them to walk by and briefly look over the packages.
2. Ask students whether they ever read the labels on medications before they take them.
3. Ask students to generate a list of several common illnesses such as colds, the flu, allergies, stomach irritation, and bacterial infections. Write their answers on the board.
4. Inquire students to tell you which of the medications they saw would help to treat the illnesses you listed on the board. Write their answers next to the illnesses and do not comment on whether they are right or wrong.
5. Allow the students to choose one of the medications/contraindications from the table ( or put students in small groups and let them choose a medication).
6. Ask students to carefully examine all of the box labels and inserts in the OTC drugs and contraindication print-outs with the prescription medications.
7. Allow students to write answers to practical and critical thinking questions listed below.

## Questions

1. What is the medication used for? How do you know?
2. How many times per day can you take this medication? How do you know?
3. When should you stop taking this medication?
4. How much medication is in each dosage? Discuss different units of measurements.
5. For students with OTC drugs: What is the difference about the dosage for children and adults? Why do you think it is different?
6. For student with prescription drugs: Do you think that a child would need the same dose of this medication as an adult? Why or why not?
7. Why do we need different drugs for different illnesses?

## Closure

1. After students have answered the written questions, go back to the illnesses that were listed on the chalkboard at the beginning of class and address each illness.
2. Ask students again which of the medications they examined are suitable for treatment of each illness. In a color chalk different from the one you used to write the drug names, cross out incorrect answers and write in correct ones as they are voiced by the students.
3. Ask students if they are surprised by what they have learned about medications and prescriptions. What surprised them?

## Evaluation

1. Assess their answers on the sheets that they filled out for their medications.'
2. Did they read the package correctly?
3. Did they think critically about the use of medications to treat certain illnesses?
4. Did students correctly identify which medications are used to treat specific illnesses after reading the contraindications?

Completion of the following:

Medicines in My Home Worksheet

Medicines in My Home Pre-Test

Medicines in My Home Post-Test

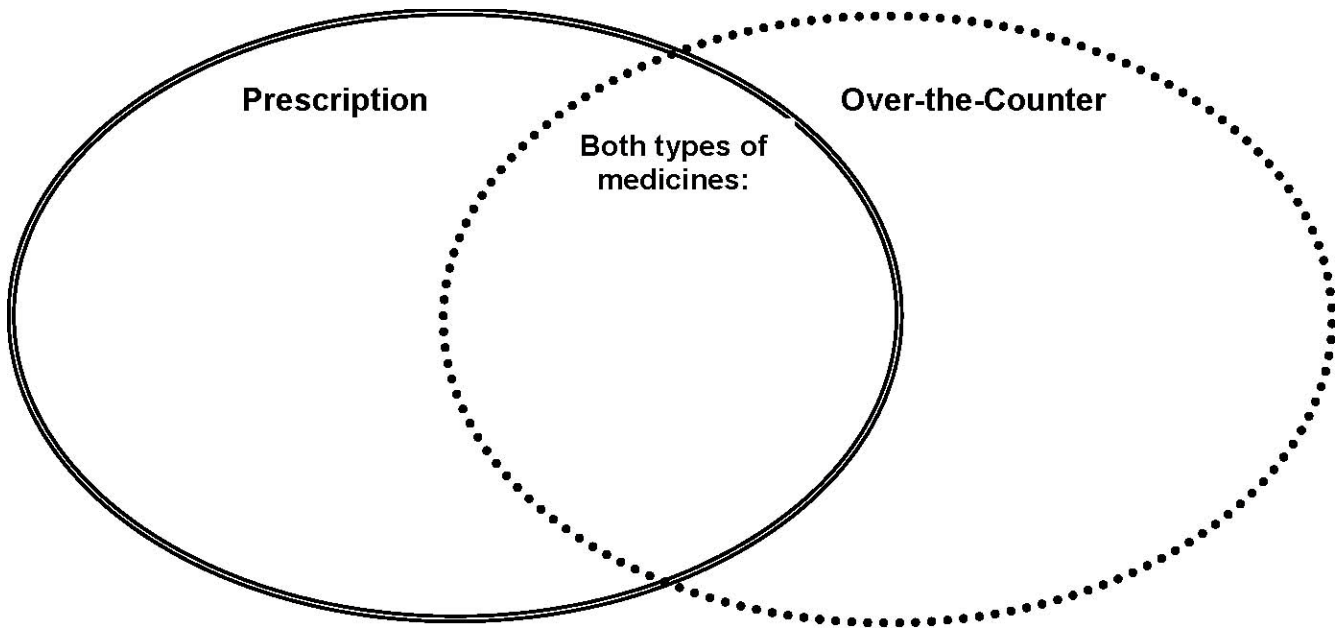
## Extension

Medicines in My Home: Home Project

Student Name:

## Medicines in My Home: *Worksheet*

1. What does a medicine or drug do (list two things)?
2. List the differences between prescription and over-the-counter (OTC) medicines. Next, list what both types of medicines have in common.



3. **Active Ingredients** are the parts of the medicine that make it work. What are three things the ***Drug Facts*** label tells you about the active ingredient(s) in the medicine?

Student Name:

## Medicines in My Home: *Worksheet*

	True	False
4. The <b>Warnings</b> section on the <b>Drug Facts</b> label may tell you when you should not use the medicine at all (check <i>True</i> or <i>False</i> ):		
If your medicine might cause drowsiness		
If you can use certain medicines together		
5. What problems the medicine treats		
List three signs of an allergic reaction to a medicine. 10 10 10		
When you should stop using the medicine		
When you should talk to your doctor or pharmacist first		
6. How the medicine might make you feel		
List two important things the <b>Directions</b> section of the <b>Drug Facts</b> label tells you about how to use		
When the medicine expires		

7. What is important to remember when using a liquid medicine?

**Student Name:**

## **Medicines in My Home: *Pre-test***

This pre-test is to see what you already know about over-the-counter (OTC) medicine. Do the best you can. This pre-test will not be graded.

1. Read each statement below. Check True, False, or Don't know for each statement.

From the list below, circle the items you can find on the label of an OTC medicine.

-Ingredients -"Do Not Use" warnings (all listed)

- Dose amount
- Web site for questions/comments
- "Ask a doctor or pharmacist before use" warnings
- Phone number for questions and comments
- Uses (what the drug treats)
- "While using this product" warnings
- Number of times the medicine can be used in a day
- Purpose of the medicine
- Directions for use
- Directions for storing the medicine

	True	False	Don't know
a) Over-the-counter (OTC) medicine is so safe, I don't need to be careful about how I use it or how much of it I use.			
b) Anti-perspirants and some toothpastes are medicines.			
c) I need a note from my doctor to buy OTC medicine.			
d) A pharmacist can answer my questions about OTC medicine.			
e) When I use a liquid medicine I can measure the amount (dose) correctly it with a spoon from the silverware drawer.			
f) One gulp from a bottle is about 1 tablespoon of medicine.			
g) Medicine can change how my body works.			
h) Active ingredients are the parts of the medicine that make it work.			
i) An OTC medicine has a label that tells me how to use it safely.			
j) Just like some foods, medicines have expiration dates.			

Student Name:

## Medicines in My Home: *Post-test*

This post-test is to see what you have learned about the over-the-counter (OTC) medicine and the **Drug Facts** label.

	True	False	
a) Over-the-counter (OTC) medicine is so safe, I don't need to be careful about how I use it or how much of it I use.			
b) Anti-perspirants and some toothpastes are medicines.			
c) I need a note from my doctor to buy OTC medicine.			
d) A pharmacist can answer my questions about OTC medicine.			
e) When I use a liquid medicine I can measure the amount (dose) correctly it with a spoon from the silverware drawer.			
f) One gulp from a bottle is about 1 tablespoon of medicine.			
g) Medicine can change how my body works.			
h) Active ingredients are the parts of the medicine that make it work.			
i) An OTC medicine has a label that tells me how to use it safely.			
j) Just like some foods, medicines have expiration dates.			
	True	False	Don't

1. Read each statement below. Check True or False for each statement.

2. From the list below, circle the items you can find on the label of an OTC medicine.

- Ingredients -"Do Not Use" warnings (all listed)
- Dose amount -Web site for questions/comments -"Ask a doctor or pharmacist before use" warnings -Phone number for questions and comments -Uses (what the drug treats) -"While using this product" warnings -Number of times the medicine can be used in a day -Purpose of the medicine -Directions for use -Directions for

storing the medicine

3. Give three reasons why it is important to read all information on the package of the medicine.

Student Name:

## Medicines in My Home: *Pre- and Post- Tests Answer Key*

1.

	True	False	
a) Over-the-counter (OTC) medicine is so safe, I don't need to be careful about how I use it or how much of it I use.			
b) Anti-perspirants and some toothpastes are medicines.			
c) I need a note from my doctor to buy OTC medicine.			
d) A pharmacist can answer my questions about OTC medicine.			
e) When I use a liquid medicine I can measure the amount (dose) correctly it with a spoon from the silverware drawer.			
f) One gulp from a bottle is about 1 tablespoon of medicine.			
g) Medicine can change how my body works.			
h) Active ingredients are the parts of the medicine that make it work.			
i) An OTC medicine has a label that tells me how to use it safely.			
j) Just like some foods, medicines have expiration dates.			
	True	False	Don't know
a) Over-the-counter (OTC) medicine is so safe, I don't need to be careful about how I use it or how much of it I use.		X	
b) Anti-perspirants and some toothpastes are medicines.	X		

Read each statement below. Check True, False, or Don't know for each statement.

2. From the list below, circle the items you can find on the label of an OTC medicine (*All of the following items are found on the label of an OTC medicine and should be circled.*)

- Ingredients -"Do Not Use" warnings (all listed)
- Dose amount -Web site for questions/comments -"Ask a doctor or pharmacist before use" warnings -Phone number for questions and comments -Uses (what the drug treats) -"While using this product" warnings -Number of times the medicine can be used in a day -Purpose of the medicine -Directions for use -Directions for storing the medicine

**Student Name:**

## **Medicines in My Home: Pre- and Post- Tests Answer Key**

3. Give three reasons why it is important to read all information on the package of the medicine.

*Examples of correct answers include the following.*

*So that you know and understand:*

- *What the active ingredient(s) is in your medicine*
- *What the medicine treats*
- *How much medicine is in a pill or teaspoon*
- *When you should not use a medicine at all*
- *When you should talk to your doctor or pharmacist before using a medicine*
- *How a medicine might make you feel when using it*
- *When you should stop using a medicine*
- *Things you should not do while taking a medicine*
- *To keep medicines out of reach of children*
- *How much medicine to use*
- *How often to use the medicine*
- *How to keep a medicine when you are not using it*
- *The inactive ingredients in the medicine*
- *How to contact the company for questions or more information*

**Student Name:**

## **Medicines in My Home: *Home Project***

Share what you have learned about the safe use of medicines in your home. Together with your family, complete the following worksheet.

(Signature of adult family member):

1. Read and talk about *Medicines in My Home, A guide to safe over-the-counter medicine use*. List three things that were helpful from the booklet.
  
2. Gather the prescription and over-the-counter medicines (OTC) in your home. Look at the **Drug Facts** label on one OTC medicine. Find the headings **Active Ingredient(s)**, **Warnings**, and **Directions**. Write one fact listed under each heading.
  - Active Ingredient(s) –
  
  - Warnings –
  
  - Directions –
  
3. Do you have two or more different medicines that have the same active ingredient? If you do, what is the active ingredient they share? Write the names of two medicines that have the same active ingredient.

Discuss why medicines with the same active ingredient should not be used together and write your responses below.

4. Separate the liquid medicine from the other medicines you have gathered. Give an example of a liquid medicine that can be measured for each of these tools:

Measuring cup

Measuring spoon

Medicine dropper or syringe (for infant medicine)

Do you have all the medicine tools you need to measure your medicine correctly? Are there any tools your family needs to find or buy? If so, list the tools you need.

5. Find the safest place in your home for storing medicines. All prescription and OTC medicines should be stored:

- So they are not mixed in with non-medicine products (cosmetics, personal care items, household cleaning supplies, etc.)
- Away from small children and pets
- In a place where the temperature and humidity stay the same
- On a high shelf or in a locked box
- With their package, so you will have the complete label information

6. The telephone number for the Poison Control Center can be found in the Medicines and My Home booklet or your local telephone book. Write the Poison Control Center telephone number here. Put the number on all telephones in your home.