

OBJECTIVE 30: DEMONSTRATE HOW TO USE PHARMACIES/DRUG STORES AND MEDICINES

PHARMACIES/MEDICINES LESSON 3

LEVEL: INTERMEDIATE - ADVANCED

Objectives: **Contrast prescription and non-prescription medicines.**

ESLRS: **Critical and Creative Thinker**
Self Directed Learner

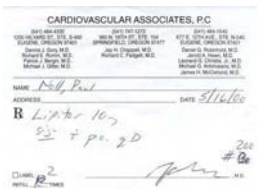
SCAN SKILLS: Organizes and processes symbols, pictures and other information
Locates, understands and interprets written information



Prescription Medicines



A **prescription medicine** is any medicine that needs your doctor's authorization before the pharmacist will sell it to you.



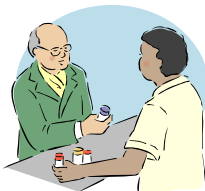
The **prescription** is a form filled out by the doctor that has all the information on the required medicine.



The **doctor** writes the prescription and gives it to you.



You take the prescription to a **pharmacy** or drug store and give it to the pharmacist.



The **pharmacist fills your prescription**. That means he gets the medicine ready for you and gives it to you.

One of the greatest safety risks related to prescription medicines is using them incorrectly. There are many things you can do to prevent problems.

Tell your doctor and pharmacist what they need to know.

- Tell your doctor and pharmacist about any known drug allergies;
- Tell them about any other medications you are taking, including over-the-counter drugs;
- Tell them about any nutritional supplements, herbal products, or homeopathic preparations that you are taking;
- Know your medical history.

They should tell you:

- the name and strength of the medication;
- what the medication is being used for;
- how often and when you should take it;
- common side effects;
- serious side effects - even if they are rare;
- how to store the medication;
- what medicines and foods to avoid (if any);
- when you can expect to feel the effects of the medicine; and,
- what to do if you miss a dose or accidentally take more than the prescribed dosage.

Take medications according to instructions.

- Always take medications as prescribed;
- Do not change the dose without checking with your pharmacist or doctor;
- Do not stop taking your medication without checking with your pharmacist or doctor; and,
- Avoid foods and drugs that interact negatively with your medications.

Report adverse affects to your doctor or pharmacist.

- Let your doctor know if you experience unexpected reactions to a medication.
- Do not take supplements, over-the-counter medicines or new medicines without checking if they may react to the medicines you currently take.

Store your medications properly.

A **prescription medicine container** has a **label** with the following information on it:

1. The name of the patient.
2. The name of the pharmacy.
3. The phone number of the pharmacy.
4. The date the prescription was filled.
5. The prescription number.
6. The name of the medicine.
7. The strength of the medicine.
8. The amount (how much) medicine is in the container.
9. The name of the doctor who prescribed the medicine to you.
10. The instructions on how much medicine you should take. This is also known as dose or dosage.
11. The instructions on when you should take the medicine.
12. Information on how many times you can **refill** the medicine.
13. Warning labels that tell you what you need to be careful about when you take the medicine.

PRACTICE 1

Look at the labels below and write the number of the information from the previous page on the correct line

LABEL 1



PRACTICE 1

Look at the labels below and write the number of the information from the previous



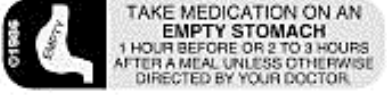

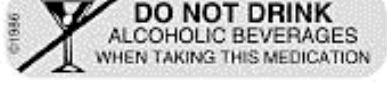


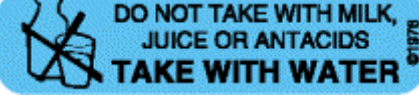


LABEL 2

→	Main Street Pharmacy	(714) 998-6545
	1454 Main Street, Westminster, CA	
→	→ Dr. T. Anderson	
→	Rx No: 958744	01/25/2005 ←
→	JORGE GARCIA	
→	Take one tablet by mouth, Daily	
→	Zocor Tabs Mfg Merck	
→	Qty: 20	
→	Refills: 3	BEFORE 11/30/05











Warning labels

Sometimes, the pharmacist may put **warning labels** on your medicine container. For example 'May cause dizziness' or 'Take tablet with food'. Ask your pharmacist to explain the warning labels.

PAIR WORK: Look at some sample warning labels below and discuss their meanings. Write down in your own words what the label means:

 <p>MAY CAUSE DROWSINESS OR DIZZINESS</p>	<p>1. _____</p>
 <p>SHAKE WELL</p>	<p>2. _____</p>
 <p>TAKE MEDICATION ON AN EMPTY STOMACH 1 HOUR BEFORE OR 2 TO 3 HOURS AFTER A MEAL UNLESS OTHERWISE DIRECTED BY YOUR DOCTOR.</p>	<p>3. _____</p>
 <p>TAKE WITH FOOD</p>	<p>4. _____</p>
 <p>DO NOT DRINK ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION</p>	<p>5. _____</p>
 <p>FOR EXTERNAL USE ONLY</p>	<p>6. _____</p>
 <p>SHAKE WELL AND KEEP IN REFRIGERATOR</p>	<p>7. _____</p>
 <p>DO NOT TAKE WITH MILK, JUICE OR ANTACIDS TAKE WITH WATER</p>	<p>8. _____</p>
 <p>DISCARD THIS MEDICATION 1 YEAR AFTER THE DATE IT IS DISPENSED. DISCARD BY _____</p>	<p>9. _____</p>
 <p>USE SPARINGLY AND RUB IN WELL TO ALL AFFECTED AREAS.</p>	<p>10. _____</p>

Pharmacies/Medicines Lesson 3-Int-Adv

 <p>DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING PRODUCTS WITHOUT KNOWLEDGE AND CONSENT OF YOUR PHYSICIAN</p>	<p>11. _____</p>
 <p>DO NOT CHEW OR CRUSH, SWALLOW WHOLE.</p>	<p>12. _____</p>
 <p>DO NOT TAKE WITH JUICE TAKE WITH WATER OR MILK</p>	<p>13. _____</p>
 <p>TO CONTROL YOUR BLOOD PRESSURE TAKE REGULARLY. DO NOT DISCONTINUE UNLESS DIRECTED BY YOUR PHYSICIAN</p>	<p>14. _____</p>
 <p>DO NOT TAKE THIS DRUG IF YOU BECOME PREGNANT</p>	<p>15. _____</p>
 <p>CAUTION: Federal law PROHIBITS the transfer of this drug to any person other than the patient for whom it was prescribed.</p>	<p>16. _____</p>
 <p>use as a gargle NOT TO BE SWALLOWED</p>	<p>17. _____</p>
 <p>IT IS VERY IMPORTANT THAT YOU TAKE OR USE THIS EXACTLY AS DIRECTED. DO NOT SKIP DOSES OR DISCONTINUE UNLESS DIRECTED BY YOUR DOCTOR.</p>	<p>18. _____</p>
 <p>This drug may impair the ability to drive or operate machinery. USE CARE until you become familiar with its effects.</p>	<p>19. _____</p>
 <p>REFRIGERATE AFTER OPENING STORE UPRIGHT AT ROOM TEMPERATURE (USE WITHIN 30 DAYS)</p>	<p>20. _____</p>

PRACTICE 2

Complete the following chart for a prescription medication that you might be taking or someone in your home may be using:

Name of Pharmacy	
Pharmacy Phone Number	
Name of medicine	
Dosage (How much medicine to take)	
Name of prescribing doctor	
Prescription Number	
Date the prescription was filled	
Number of refills	
Warnings on the label	

PRACTICE 3: Read the label below and answer the questions about the label:

Central Avenue Pharmacy 7000 Central Avenue, Minneapolis, MN	(763) 555-1234
Dr. S. Stevenes Rx No: 454009	01/11/2005
Sue Chong	
Dose: TAKE ONE TABLET BY MOUTH, TWICE DAILY.	
Glucophage Tabs Mfg Bristol Myers Squibb	
Qty: 60 REFILLS: 2 BEFORE 7/27/05	

1. What is the name of the medicine?

2. What is the name of the patient?

3. Who is the prescribing doctor?



4. What is the dosage?

5. How many refills has the doctor prescribed?

6. When was the prescription filled?

7. Where was the prescription filled?

PRACTICE 4: Read the label below and answer the questions about the label:

Waltown Pharmacy 18945 Beach Blvd, CA 92647	Phone:(714) 959-6688 DATE:04/21/05
NAME: Carmela Soprano	RX#: 55446622
TAKE 1 TABLET TWICE A DAY. For Allergy Relief	
BENADRYL 10MG CAPSULE	QTY: 30.00
MFG: MERCK	
DISCARD AFTER 04/21/06	
Dr. Joseph Sanders Refills: 0	
 MAY CAUSE DROWSINESS OR DIZZINESS	 DO NOT DRINK ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION

1. What is the name of the medicine?

2. What is the name of the patient?

3. Who is the prescribing doctor?

4. What is the dosage?

5. How many refills has the doctor prescribed?

6. What are the side effects of the medicine?

7. Can you drink alcohol when you are taking this medicine?

8. What is the medicine for?

OVER THE COUNTER (OTC) MEDICINES

Over the counter medicine is any medicine that you can buy without a prescription.

Examples of over the counter medicine are:

		
<p>Cough Drops</p>	<p>Cough Syrup</p>	<p>Nose drops</p>
		
<p>Eye Drops</p>	<p>Aspirin</p>	<p>Sinus Medicine</p>
		
<p>Pepto Bismol</p>	<p>Bengay</p>	<p>Alka Seltzer</p>

- All over the counter medicines have labels that give you important information about using the medicine safely.
- It is important to read the labels and understand the information.
- If you read the OTC medicine label and still have questions about the product, talk to your doctor, pharmacist, or other healthcare professional.

INFORMATION ON THE LABEL OF OVER THE COUNTER (OTC) MEDICINE

Active Ingredient	What is in the medicine.
Uses	What illness you should take the medicine for.
Warnings	<ul style="list-style-type: none"> • When you should not use the medicine. • Conditions that may require advice from a doctor before taking the product. • Possible interactions or side effects. • When to stop taking the medicine. • When to call the doctor.
Directions	How much medicine to take. How often to take the medicine.
Other Information	How to store the medicine properly.
Expiration date	Date after which you should not use the medicine.
What to do if overdose occurs	What you should do if you or someone takes too much of the medicine.
Name and address of manufacturer	Company that makes the medicine.
Net quantity of contents	How much medicine is in the package.
Inactive ingredients	Other things in the medicine like colors and flavors.

PRACTICE 5: Read the label below and circle the correct answer.

FOR EXAMPLE ONLY:

Drug Facts	
Active ingredient (in each tablet)	Purpose
Name of Medication 2 mg	Antihistamine
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, water eyes ■ itchy throat	
Warnings Ask a doctor before use if you have ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to enlarged prostate gland	
Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives	
When using this product ■ You may get drowsy ■ avoid alcoholic drinks alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children	
If 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	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor
Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture	
Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pre-gelatinized starch	

1.	T	F	This medicine is for a stomachache.
2.	T	F	Take this medicine if you have a runny nose.
3.	T	F	You should ask a doctor before you give this medicine to a 4 year old.
4.	T	F	When you are taking this medicine, you might feel sleepy.
5.	T	F	You should not drink alcohol when you are taking this medicine.
6.	T	F	A 20 year old person should take 2 tablets every 4 to 6 hours.
7.	T	F	A pregnant woman can take this medicine without asking her doctor.
8.	T	F	You can drive a car after you take this medicine.

PRACTICE 6

Drug Facts	
Active Ingredient (in each tablet)	Purpose
Pseudoephedrine HCL 30 mg.....	Nasal Decongestant
Uses temporarily relieves nasal congestion due to	
<input type="checkbox"/> common cold <input type="checkbox"/> respiratory allergies	
Warnings	
Ask a doctor before use if you have	
<input type="checkbox"/> high blood pressure <input type="checkbox"/> heart disease <input type="checkbox"/> thyroid disease <input type="checkbox"/> diabetes	
When using this product	
<input type="checkbox"/> do not use more than directed <input type="checkbox"/> Stop use and ask a doctor if you get nervous, dizzy or sleepless	
Directions	
Adults and children 12 and over	take 2 tablets every 4 to 6 hours not more than 4 doses in 24 hours
Children 6 years to under 12 years	take 1 tablet every 4 to 6 hours not more than 4 doses in 24 hours
Children under 6 years	ask a doctor

1. What symptoms does this medicine treat?	2. How much medicine can an adult take in 24 hours?
a. High blood pressure b. Nasal congestion c. Nervousness d. diabetes	a. 2 tablets b. 8 tablets c. 4 tablets d. ask a doctor
3. How much medicine should a child under 6 take?	4. What is a side effect of this medicine?
a. Two tablets b. One tablet c. Ask a doctor d. 4 doses	1. dizziness 2. respiratory allergies 3. diabetes 4. nasal congestion
5. Who should ask a doctor before using this?	
a. someone with nasal congestion b. someone with allergies c. someone with a common cold d. someone with thyroid disease	

UNIT QUIZ: Study the two labels below and answer the questions on the next page.

LABEL A

Drug Facts	
Active Ingredient (in each tablet)	Purpose
<i>Loperamide HCL 2 mg</i>	<i>Anti-diarrheal</i>
<i>Uses temporarily control symptoms of diarrhea, including Travelers' Diarrhea</i>	
Warnings	
<i>Ask a doctor before use if you have</i>	
<ul style="list-style-type: none"> ■ fever ■ mucus in stool ■ a history of liver disease 	
<i>Stop use and ask a doctor if</i>	
<ul style="list-style-type: none"> ■ symptoms get worse ■ diarrhea lasts more than 3 days 	
Direction	
<i>Adults and children 12 and over</i>	<i>2 caplets after first loose stool not more than 4 caplets in 24 hours</i>
<i>Children 9-11 years (60-95 lbs)</i>	<i>1 caplet after first loose stool not more than 3 caplets in 24 hours</i>
<i>Children under 6 years</i>	<i>ask a doctor</i>

LABEL B

NAVAL HOSPITAL		Phone
BETHESDA, MD 20814		295-2113
(keep out of reach of children)		295-550
John R. Doe, HM2, USN		4/28/99kk
Take one (1) tablet every 12 hours if needed for cold symptoms.		
Dimetapp #30	Dr. Johnson	
No Refills		
		117765

Pharmacies/Medicines Lesson 3-Int-Adv

1. Which label is for an over the counter medicine?

2. Which label is for a prescription medicine?

3. How many times can you refill the prescription?

4. How often should an *adult* take the medicine in Label A?

5. How often do you take the medicine in Label B?

6. What is the medicine in Label A for?

7. What is the medicine in Label B for?

8. If you have a fever, can you take the medicine in Label A?

9. Who is the prescription medicine for?

10. What is the warning on the prescription label?
