

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

PHARMACIES/MEDICINES LESSON 3

LEVEL: BEGINNING LOW – HIGH

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.

Make sure you understand:

- ✓ Why your doctor is prescribing this medicine for you.
- ✓ How you are meant to take it.
- ✓ What the possible **side effects of the medicine are**.
- ✓ Remember the prescription medicine *should only be taken by the person for whom the doctor has prescribed the medicine*. No one else should take the medicine.

Keep asking questions until you feel satisfied. You can also ask your pharmacist for advice.

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 page on the correct line



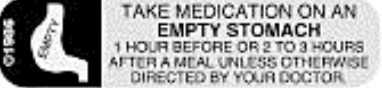

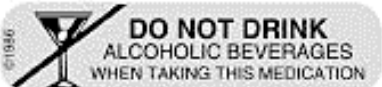
LABEL 2

→	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.

Look at some sample warning labels below and read their meanings:

	<p>This medicine might make you sleepy or feel dizzy.</p>
	<p>Before you take this medicine, you must shake the bottle a few times.</p>
	<p>Don't take this medicine right after eating. Wait for 2 to 3 hours after you have eaten to take the medicine.</p>
	<p>Take this medicine when you are eating or right after you have eaten.</p>
	<p>You cannot drink any alcohol (wine, beer, etc.) when you are taking this medicine.</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. What is the date the prescription was filled?

7. What is the name of the pharmacy where the prescription was 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: Carmella 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 (This tells you the symptoms for which you can take this medicine)	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 	
Stop use and ask a doctor if	
<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	(keep out of reach of children)	295-2113 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

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 do you 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?
