

Pre-Reading Discussion: How do you find out if the medication (over-the-counter and/or prescription) is safe for you?

Reading Passage Section 13: Medication Warnings

To make good health decisions, you need to know when medications/drugs are safe and when they are dangerous.



Prescription and over-the-counter medications have written warnings on the **medication container**, the **medication label** or on a separate piece of paper. It can be dangerous to your health if you don't understand the warnings on prescription and over-the-counter medications.

- **Medication warnings** tell you not to take too much medication.
- Medication warnings tell pregnant women and women nursing babies not to use medications.
- Medication warnings tell you to not take a medication if you already have a specific health problem. For example, people who have high blood pressure should not take some medications for colds because they can make your blood pressure go higher.
- Medication warnings tell you to not take the medication if you are using certain medications. For example, if you are taking an over-the-counter allergy medication you should not be taking MAOI drugs. MAOI drugs are prescription medications that treat emotional conditions and other health problems.



You can always ask the pharmacist or your health professional about the warnings on your medications.
