

Questions to Encourage “Consumer” Inquiry

These questions should be used after students have attempted to answer the comprehension questions for each of the four over-the-counter medication labels. These questions are meant to demonstrate that students may not have understood everything on the label. (Teachers may make up their own questions.) Discussion should also focus on who might be able to answer questions about medications.

Motion Sickness Pills

1. What is this medication used for?
2. According to this warning label, you should ask a doctor about using this medication if you have certain health conditions—which ones?
3. What is a sedative? What is a tranquilizer?
4. Can women who are breastfeeding use this medication?
5. What should you do if you or someone in your family takes too much of this medicine?
6. Who would you ask if you didn't understand everything on this label?

Ibuprofen Pain Reliever

1. What is this medication used for?
 2. Will this medication help if you have diarrhea? How about a stomachache?
 3. What side effects can this medicine cause?
 4. Are the side effects minor or serious?
 5. What questions could you ask the pharmacist if you weren't sure you understood everything?
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Questions to Encourage “Consumer” Inquiry, continued**Maximum Strength Cough Medicine**

1. What is this medication used for?
2. How much is one dose? (2 tablespoons is the dose—discuss the difference between teaspoon and tablespoon)
3. Who can take this medication?
4. How often should the medicine be taken?
5. What should you do if you want to give this to a child under 12 years old?
6. Who can answer your questions if you don’t understand the dosage and directions?

Allergy Medication

1. What is this medication used for?
 2. According to this warning label, you should ask a doctor about using this medication if you have certain health conditions—which ones?
 3. What side effect can children experience if they take this medication?
 4. What is MAOI?
 5. Who would you ask if you weren’t sure you understood everything on this warning label?
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Reading Medication Labels for Warnings

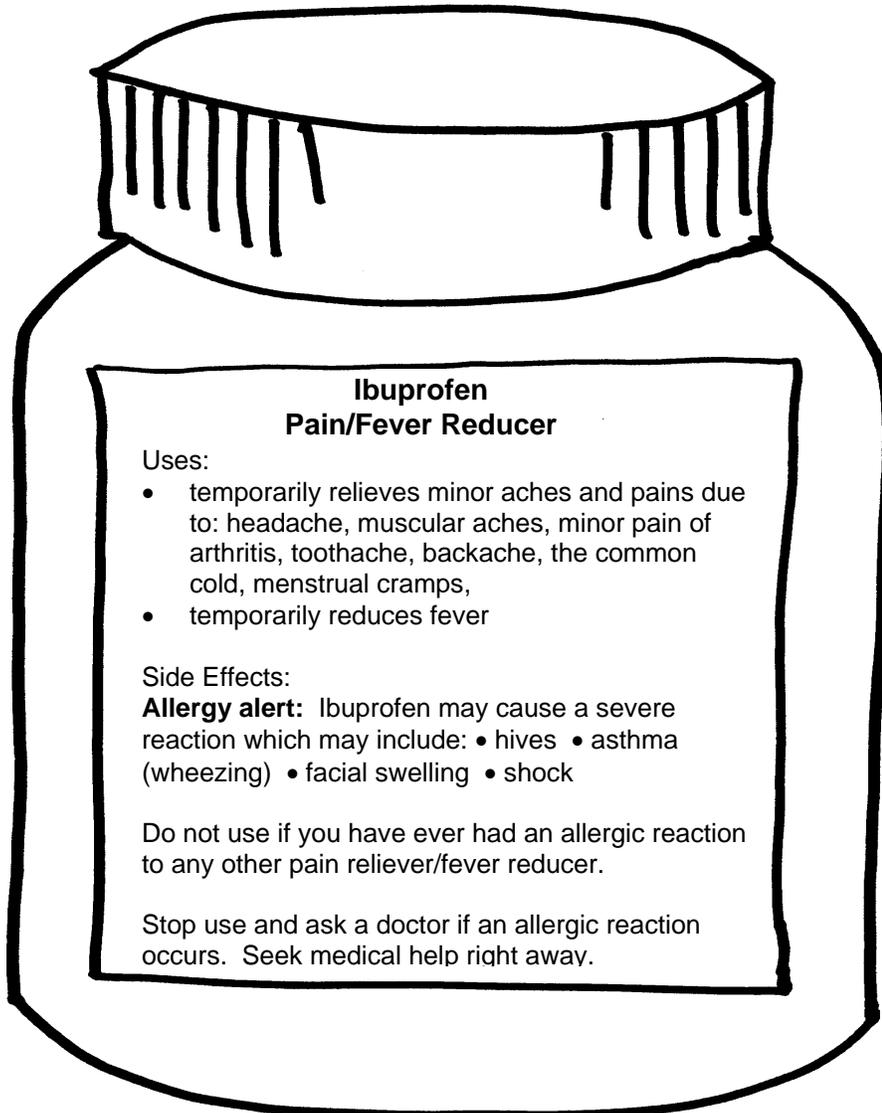
Directions: Look at the medication label and the statements below. Put an X under True or False. Then discuss your answers with your class.

Motion Sickness	Chewable Pills
<p>Uses: Prevents and treats nausea, vomiting or dizziness associated with motion sickness.</p> <p>Do not use for children under 12 years of age unless directed by a doctor.</p> <p>Ask a doctor before use if you have:</p> <ul style="list-style-type: none"> ● glaucoma ● trouble urinating due to an enlarged prostate gland ● a breathing problem such as emphysema or chronic bronchitis <p>Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers.</p> <p>If pregnant or breastfeeding ask a health professional before use.</p> <p>Keep out of reach of children.</p> <p>In case of overdose, get medical help or contact a Poison Control Center right away.</p>	

- | | True | False |
|---|-------|-------|
| 1. You can take this medication if you are taking sleeping pills. | _____ | _____ |
| 2. You can decide for yourself to take this medication if you are pregnant. | _____ | _____ |
| 3. You should ask your doctor before you give this to a child under 12 years old. | _____ | _____ |
| 4. If you have asthma, you should ask your doctor before you use this medicine. | _____ | _____ |
| 5. In case of an overdose, drink lots of water. | _____ | _____ |
| 6. This medication treats nausea. | _____ | _____ |

Reading Medication Labels for Information

Directions: Look at the medication label and the questions below. Circle the best answers. Then discuss your answers with your class.



1. You can take this medication for:

- a) cramps from a monthly period
- b) allergies
- c) stomachache

2. One side effect of this medication is:

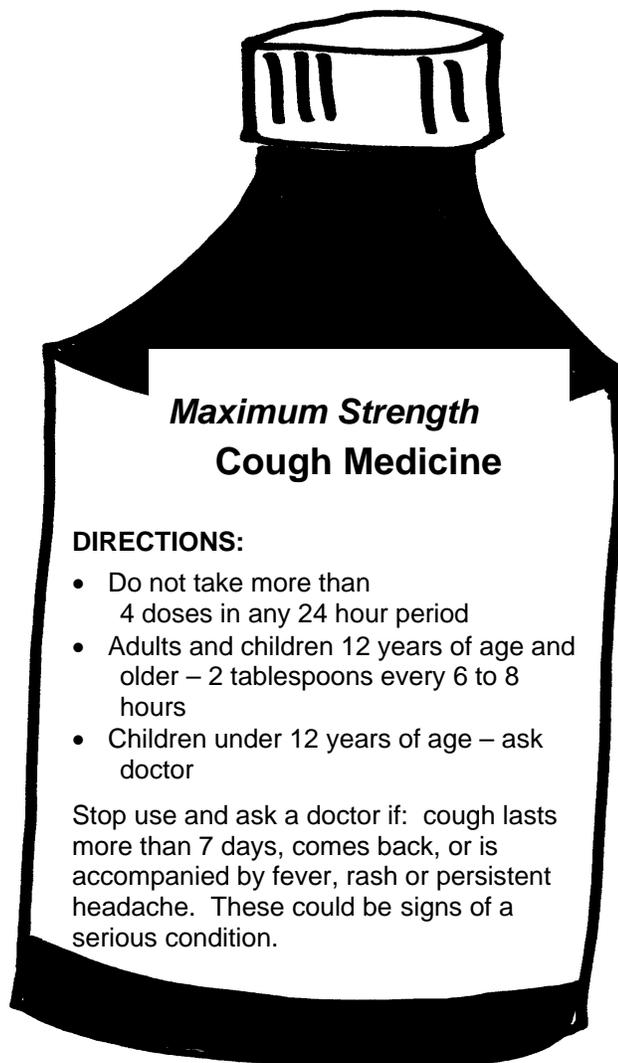
- a) vomiting
 - b) breathing problems
 - c) headache
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Reading Medication Labels for Information, continued

3. Which is not a side effect?
- a) asthma
 - b) hives
 - c) stomachache
4. Which is not a reason to take this medication?
- a) arthritis
 - b) cough
 - c) backache
5. On this label, what does “temporarily relieves” mean?
- a) your temperature will go up
 - b) your pain will stop for 1 week
 - c) you will probably feel better for a short time
6. Is the dosage for this medication 2 pills every 4-6 hours?
- a) yes
 - b) no
 - c) don't know (not enough information)
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Reading Medication Labels for Directions and Dosages

Directions: Look at the medication label and the statements below. Put an X under True or False. Then discuss your answers with your class.



- | | True | False |
|---|-------------|--------------|
| 1. The dosage is 2 teaspoons every 4 hours. | _____ | _____ |
| 2. You can take 4 doses a day. | _____ | _____ |
| 3. The dosage for children under 12 is the same as for adults. | _____ | _____ |
| 4. Adults should take 2 tablespoons every 6 to 8 hours. | _____ | _____ |
| 5. You can't take this medication any longer than 8 days. | _____ | _____ |
| 6. A fever, rash or persistent headache could be a sign of a serious condition. | _____ | _____ |
| 7. If the cough comes back, you begin taking the medication again. | _____ | _____ |

Reading Medication Labels

Directions: Look at the medication label. There are questions about this label on the next page.

Allergy Medication

Uses

- temporarily relieves these symptoms of hay fever and common cold:
- runny nose ■ sneezing ■ nasal congestion ■ minor aches and pains ■ headache
- temporarily relieves these symptoms of hay fever: ■ itching of the nose or throat ■ itchy, watery eyes

Warnings

Overdose warning: Taking more than the recommended dose can cause serious health problems, including liver damage. In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

Alcohol warning: If you consume 3 or more alcoholic drinks every day, ask your doctor whether you should take acetaminophen or other pain relievers/fever reducers. Acetaminophen may cause liver damage.

Do not use if you are taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains MAOI, ask a doctor or pharmacist before taking this product

- with any other product containing acetaminophen
- with any other product containing diphenhydramine, even one used on skin

Ask a doctor before use if you have • heart disease • high blood pressure • diabetes
• glaucoma • a breathing problem such as emphysema or chronic bronchitis

Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers.

When using this product ■ **do not use more than directed** ■ **do not use for more than 7 days**

- avoid alcoholic drinks ■ alcohol, sedatives and tranquilizers may increase drowsiness
- marked drowsiness may occur ■ be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children.

Stop use and ask a doctor if ■ **new symptoms occur** ■ **you get nervous, dizzy or sleepless**

- fever lasts for more than 3 days ■ symptoms do not get better

If pregnant or breast-feeding, ask a health professional before use. **Keep out of reach of children.**

Reading Medication Labels, continued

Directions: Based on the information on the allergy medication label, decide if each sentence is true or false. Put an X under *True* or *False*. Share your answers with a partner. Correct the false sentences. Be prepared to share your answers with the class.

	True	False
1. This medication temporarily relieves the symptoms of the flu.	_____	_____
2. Taking more than the recommended dose can cause liver damage.	_____	_____
3. If you have 5 or more alcoholic drinks a day, ask your doctor if you should take acetaminophen.	_____	_____
4. MAOI drugs are for depression or emotional conditions.	_____	_____
5. If you are taking a medication that contains aspirin, you should ask your doctor before you use this medication.	_____	_____
6. If you have high blood pressure, you should ask your doctor before using this medication.	_____	_____
7. You shouldn't drink alcohol with this medication.	_____	_____
8. This medication could make you very sleepy.	_____	_____
9. You can use this medicine for 9 days.	_____	_____
10. Keep using this medication if the fever lasts more than 3 days.	_____	_____
11. Give children 12 years and younger half the adult dose.	_____	_____
12. The adult dosage is 2 caplets every 6 hours.	_____	_____
13. Do not take more than 6 caplets in 24 hours.	_____	_____
14. This medication is a liquid.	_____	_____

Reading Medication Labels for Warnings Answer Keys

Motion Sickness Pills

	<i>True</i>	False
1. You can take this medication if you are taking sleeping pills.	_____	_____ X _____
2. You can decide for yourself to take this medication if you are pregnant.	_____	_____ X _____
3. You should ask your doctor before you give this to a child under 12 years old.	_____ X _____	_____
4. If you have asthma, you should ask your doctor before you use this medicine.	_____ X _____	_____
5. In case of an overdose, drink lots of water.	_____	_____ X _____
6. This medication treats nausea.	_____ X _____	_____

Ibuprofen Pain/Fever Reducer

1. You can take this medication for:
 - *a) cramps from a monthly period
 - b) allergies
 - c) stomachache

 2. One side effect of this medication is:
 - a) vomiting
 - *b) breathing problems
 - c) headache

 3. Which is not a side effect?
 - a) asthma
 - b) hives
 - *c) stomachache

 4. Which is not a reason to take this medication?
 - a) arthritis
 - *b) cough
 - c) backache
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Reading Medication Labels for Warnings Answer Key, continued

5. On this label, what does “temporarily relieves” mean?
- a) your temperature will go up
 - b) your pain will stop for 1 week
 - *c) you will probably feel better for a short time
6. Is the dosage for this medication 2 pills every 4-6 hours?
- a) yes
 - b) no
 - *c) don't know (not enough information)

Maximum Strength Cough Medicine

	True	False
1. The dosage is 2 teaspoons every 4 hours.	_____	_____X_____
2. You can take 4 doses a day.	_____X_____	_____
3. The dosage for children under 12 is the same as for adults.	_____	_____X_____
4. Adults should take 2 tablespoons every 6 to 8 hours.	_____X_____	_____
5. You can't take this medication any longer than 8 days.	_____	_____X_____
6. A fever, rash or persistent headache could be a sign of a serious condition.	_____X_____	_____
7. If the cough comes back, you begin taking the medication again.	_____	_____X_____

Reading Medication Labels for Warnings Answer Key, continued**Allergy Medication**

Directions: Based on the information on the allergy medication label, decide if each sentence is true or false. Put an X under *True* or *False*. Share your answers with a partner. Correct the false sentences. Be prepared to share your answers with the class.

	True	False
1. This medication temporarily relieves the symptoms of the flu.	_____	_____X_____
2. Taking more than the recommended dose can cause liver damage.	_____X_____	_____
3. If you have 5 or more alcoholic drinks a day, ask your doctor if you should take acetaminophen.	_____X_____	_____
4. MAOI drugs are for depression or emotional conditions.	_____X_____	_____
5. If you are taking a medication that contains aspirin, you should ask your doctor before you use this medication.	_____	_____X_____
6. If you have high blood pressure, you should ask your doctor before using this medication.	_____X_____	_____
7. You shouldn't drink alcohol with this medication.	_____X_____	_____
8. This medication could make you very sleepy.	_____X_____	_____
9. You can use this medicine for 9 days.	_____	_____X_____
10. Keep using this medication if the fever lasts more than 3 days.	_____	_____X_____
11. Give children 12 years and younger half the adult dose.	_____	_____X_____
12. The adult dosage is 2 caplets every 6 hours.	_____X_____	_____
13. Do not take more than 6 caplets in 24 hours.	_____	_____X_____
14. This medication is a liquid.	_____	_____X_____