

Do remember this

- Some medicines are called as prescription medicines. These are medicines which by law can be sold by the pharmacy only against the prescription of a Registered Medical Practitioner.
- They can be dangerous if not taken as per the doctor's advice or taken without being prescribed by a doctor. Do not self-medicate with these medicines.
- These medicines can be identified by a Red line at the left of the label, a 'Rx' sign in red on the left top of the label, and a boxed warning which says "To be sold by retail only against the prescription of a Registered Medical Practitioner only".
- Non-prescription or OTC (Over the counter) medicines are allopathic medicines which by law can be purchased by a customer without the prescription of a doctor or can be recommended by the Pharmacist.
- OTC medicines are relatively safe and can be self medicated; however, they too can cause side effects and thus need to be used carefully.
- Are often advertised to public Eg: Paracetamol, aspirin, vitamins, minerals, antiseptic creams, calamine lotion etc.
- Some of these medicines are available in other stores too.
- Discuss with your pharmacist and seek your pharmacist's advice while choosing non prescription medicines.
- By law, there is no compulsion for a prescriptions for sale/purchase of Ayurvedic, Unani, Siddha and Homeopathic medicines. However, these medicines too are not totally free of side effects, and need to be used diligently/with due care.
- Some symptoms are similar but cause of illness may be different. Hence even if symptoms are similar, do not take medicines given for somebody else.
- Medicines can have certain side effects. Enquire with your doctor or pharmacist about the same.
- Some medicines may cause drowsiness. Enquire with your doctor or pharmacist.
- It is necessary to complete the course of antibiotics, anti-TB drugs etc. otherwise the infection causing the illness may relapse later in a more severe form.
- Treatment of chronic diseases like diabetes, hypertension etc. usually need lifelong treatment and hence it is necessary not to stop the treatment in between without consulting the doctor.
- Do not fall prey to misleading advertisements making false claims and experiment on your self. It is best to consult your doctor.
- Do not give your medicines to children as they may require different quantity and type of medicine depending on their illness, severity and body weight.

Know more about medicines: Ask your pharmacists

Pharmacists are medicine experts and can guide you for the responsible use of medicines. Always ask your pharmacists all your medicine related queries.

Pharmacists for a Healthy India



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While buying your medicines

- Always buy your medicines from a licensed pharmacy/medical store. Look for the pharmacy license displayed. Do not buy medicines from unauthorized sellers.
- Always carry a prescription with you to the pharmacy. Always present a proper prescription of a Registered Medical Practitioner to the pharmacist while buying prescription medicines.
- Do not use the same old prescription for buying medicines again unless the doctor advises so.
- Before you leave the pharmacy check your medicines for names, strength/potency, dosage form, quantity, expiry date and that they are consistent with your prescription. Always ask for your bill and check whether the correct price is charged.
- Ensure that the medicines you receive are in good condition with no leakage, damage or breakage.
- Ask your pharmacist for instructions for taking your medicines and any precautions to be taken.
- Ask your Pharmacist's advice while buying Non-prescription medicines.

While taking your medicines

- Follow the instructions of the doctor.
- Read the medicine label carefully in sufficient light.
- It is essential to take medicines in the right dose and for the complete duration as prescribed by the doctor.
- Measure the prescribed dose of liquid oral medicines with a measuring cup or a measuring spoon provided with the bottle. Shake the bottle well before use while taking suspension/ emulsion so as to disperse it uniformly.
- Most of the tablets (Coated, Uncoated) are to be swallowed whole with a glass of water
- Do not crush or break or cut tablets unless the doctor or pharmacists advises to do so.
- Some tablets are chewable tablets. Such tablets should be placed in the mouth and chewed thoroughly till it is powdered, then swallow and drink a glass of water.
- Some tablets are dispersible tablets. Such tablets should be placed in a cup or a spoon containing 5-10 ml of water. Allow it to disperse completely into a suspension and then swallow the whole quantity.
- Mouth dissolving tablets should not be swallowed whole. Such a tablet should be placed in the mouth. Allow it to dissolve in oral cavity and then slowly swallow dissolved drug with saliva.
- Sub-lingual tablets should be placed under the tongue and allowed to dissolve there. Do not swallow sublingual tablets.



- Medicines need to be taken at the same time everyday. In case if one forgets, then it should be taken as soon as remembered but if it is almost time for next dose then double dose should never be taken.
- Capsules should be swallowed whole with a glass of water. Do not open or cut the capsules.
- Medicines taken orally should be taken by sitting in an upright position and should never be taken while lying down.
- Most of the eye drops, once opened should be used within one month of opening. Note the date of opening on the label of the bottle.
- The tip of the eye drop should not be contaminated by touching with hands or any other surfaces.
- Eye drops should preferably be inserted in the lying down position.
- There are different types of medical devices such as inhalers used in treatment of asthma it is necessary to learn its usage technique from your doctor or pharmacist.
- Pain killers and some medicines should be taken after food and not on empty stomach. Whereas some medicines need to be taken before food take advice from your doctor or pharmacist whether to take your medicine before or after food.
- Do not take any medicines during pregnancy and breast feeding without consulting your doctor.

While storing your medicines in your house

Check the label of each medicine to know how it is to be stored:

Label storage Condition	Temperature range
Cool	8°-30°C.
Cold	2°-8°C. (in refrigerator but not in freezer)

- And if nothing is mentioned on label, keep in cool, dry place, away from sunlight, protect from moisture, freezing and extensive heat.
- Keep all medicines away from Sunlight, Heat, Moisture.
- DO NOT keep medicines near the windows, gas stove, heat source, or the sink.
- DO NOT keep medicines in the kitchen or bathroom.
- Keep all medicines away/out of reach of Children, Pets.
- If a medicine is not stored properly then it may lose its potency earlier than the expiry date mentioned on the pack.
- All tablets/capsules can be kept in one box inside a cupboard and liquid medicines can be kept in a suitable tray.
- It is useful to make a list of all the medicines at home and periodically, expired, unused medicines can be checked and disposed off safely.