

Healthy aging it's your move!



OVER-THE-COUNTER MEDICATIONS

Many over-the-counter medications are bought without a doctor's prescription. Laxatives, antihistamines, antacids, herbal and vitamin supplements, and pain and cold medications are the most common. Many people choose to take over-the-counter medications to treat their health problems. If you are treating a condition with over-the-counter medications, you may want to consult with a pharmacist about the symptoms you are experiencing to find the best medication for you.

Questions to ask your pharmacist or health care professional

Before you buy an over-the-counter medication, speak to your pharmacist or health care professional to ask the following questions:

1. What over-the-counter medication is best for the symptom(s) I have?
2. Will it affect the prescription medication(s) I am currently taking?
3. Does this over-the-counter medication contain something to which I am allergic?
4. What are the major side effects and are there any special instructions for taking it?
5. How should I take it and for how long should I take it?
6. Should I avoid any foods or alcohol when taking it?
7. How should I safely store over-the-counter medications?

Safe storage and use of over-the-counter medications

- Store medications in a cool, dry place away from sunlight, such as a kitchen cupboard
- Avoid keeping medication in your bathroom as heat and moisture may damage medications
- Keep medications out of reach of children
- Do not store different medications together in the same container
- Check expiry dates twice a year – don't use any medication that is past the expiry date
- Take your old medications to your pharmacist for disposal
- Keep an up-to-date list of all your medications

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