

Understanding Nonprescription Medicine



What are nonprescription medicines?

These are medicines you can buy without a prescription in supermarkets and pharmacies.

How do I choose a nonprescription medicine?

- Read the label
- Ask your pharmacist
- Ask your doctor

What information is on the nonprescription medicine label?

- The use of the medicine
- Directions for taking the medicine
- The expiration date
- Active ingredients. These are the parts of the medicine that treat the problem.
- Inactive ingredients. These include colors or flavors.
- Warnings that tell you about potential problems

What does the Warnings section tell me?

The Warnings section on the label will give you information about:

- Who should not take the medicine because of medical problems
- When to call the doctor
- Side effects to expect
- Things you should avoid (such as driving)

How do I know how much medicine to take?

Read the label to find out how often to take the medicine, when to take it, and if it is for adults only.

What should I do with expired medicine?

Call the Poison Control Center for specific instructions.

**Call the New York City Poison Control Center at 1-800-222-1222
any time to ask questions about your medicines.**

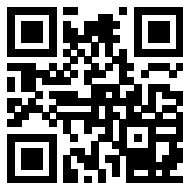
New York City Poison Control Center



**The New York City Poison Control Center is here
to help you with medicine safety.**

**Call us anytime at 1-800-222-1222 or 212-POISONS (212-764-7667)
Visit our website at nyc.gov/health**

- **Your Poison Control Center is available 24 hours a day, 7 days a week.**
- **Pharmacists and nurses certified in poison information are there to give advice.**
- **All calls are free and confidential.**
- **Translation services are provided.**
- **Ask for free brochures, telephone stickers and magnets.**



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