

## **LifeSmarts U Health Lesson OTC medication: Tell me the Question Matrix**

	All About Drugs	The Drug Facts Label	Beware	OTCs	Things You Should Know
Q100	Eating spicy food can result in the need for this type of drug	This federal agency regulates the Drug Facts Label	Frequently included in Warnings, avoid these types of beverages when taking medication	This abbreviation stands for non-steroidal anti-inflammatory drugs	A health care professional, this person is licensed to dispense prescription drugs
Q200	Used for 1000s of years, this drug is sometimes taken in low doses for heart health	This section includes phrases like, "Take one tablet every 4 hours," and, "Do not take more than directed"	These 2 "womanly" conditions require a doctor's advice before taking most drugs	Used to reduce or eliminate "underarm wetness"	When you see these letters, it indicates a prescription drug
Q300	Drug components that add color, flavor, and increase shelf life	The symptoms or illnesses an OTC medicine is meant to treat are listed in this section	A vital organ that sits under the ribcage & can be damaged by an acetaminophen overdose	60-77° Fahrenheit, this is the temperature at which medicines are stored	A toll-free telephone service, this provides emergency advice and response to poisoning
Q400	This type of drug functions to help the body eliminate excess water	To avoid overdose because the same drug could be in another medication you are taking, check this	OTC medicines can cause internal bleeding, stomach bleeding and kidney disease	This common OTC relieves pain and fever, but does not reduce inflammation.	Driving unsafely because you have prescription or OTC drugs in your system can result in being arrested and charged with this
Q500	A 3-letter abbreviation, this drug is abused when "skittling"	This section often includes a telephone icon ( and a telephone number	From two Greek words "an" (without) and "algos" (pain), this group of drugs relieves pain	An ingredients used to make "meth," the sale of drugs containing this OTC substance is sometimes restricted	Hepatotoxicity is the medical term
A100	What is antacid?	What is the Food and Drug Administration (FDA)?	What is alcohol?	What is NSAID? (pronounced "en-said")	Who is a pharmacist?
A200	What is aspirin?	What is the Directions section?	What is pregnant & nursing?	What is antiperspirant?	What is Rx?
A300	What are inactive ingredients?	What is the Uses section?	What is the liver?	What is room temperature?	What is the Poison Control Center?
A400	What is a diuretic?	What is the Active ingredient? (or Active Ingredient section?)	What are risks?	What is acetaminophen?	What is DUI, driving under the influence? What is DUID?
A500	What is DXM?	What is the Questions section?	What are analgesics?	What is pseudoephedrine (ephedrine)?	What is liver poisoning?