

# LifeSmarts

## Health and Safety Lessons: Drug Facts Label

### *PowerPoint Discussion Notes*

#### Slide 1

Slide Text: **ALL YOU WANTED TO KNOW ABOUT THE DRUG FACTS LABEL**  
And more...

#### Slide 2

Slide Text: What is the Drug Facts Label?  
Modeled after the Nutrition Facts Label, the Drugs Facts Label provides consumers with important information about over-the counter medicine.

#### Slide 3

Slide Text: Who Regulates The Drug Facts Label?

- The US Food and Drug Administration (FDA) regulates the labeling of all over-the-counter medicines.
- The content and the format make it easy for consumers to compare products.

#### Slide 4

Slide Text: The Drug Facts Label must be:

- Easy to read
- Easy to understand
- In the same format on every over-the-counter medicine

#### Slide 5

Slide Text: Another Label –

- Vitamins, minerals, and herbs are labeled with the Dietary Supplement Label.
- They are not considered drugs.

#### Slide 6

Slide Text: Do prescription drugs have Drug Facts Labels?  
Not really, but they do have a “package insert” or a drug information sheet.

#### Slide 7

Slide Text: Pharmacists can help

- Because prescriptions are filled at a pharmacy, the pharmacist can answer questions about your medicine.
- They are available to answer questions about OTC drugs, too.

#### Slide 8

Slide Text: Why should I pay attention to the Drug Facts Label?  
The Drug Facts Label helps you use OTC medicine correctly and safely.

#### Slide 9

Slide Text: Important information is on the Drug Facts Label  
Following the label is the best way to stay safe and protect your health.

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#### Slide 10

Slide Text: Where is the label located?  
Look for the Drug Facts Label on the medicine container or package. You should not have to open the packaging to read the label.

#### Slide 11

Slide Text: What information does it include?  
The Drug Facts Label includes:

- *Active Ingredient(s)/Purpose*
- *Warnings*

#### Slide 12

Slide Text: The Drug Facts Label also includes:

- *Directions*
- *Other information*
- *Inactive ingredients*

And sometimes an optional section called:

- *Questions? ⊕*

#### Slide 13

Slide Text: A Closer Look

- All of this information is important, yet many people never read the Drug Facts Label.

So, let's take a look...

#### Slide 14

Slide Text: Active Ingredients/Purpose  
What makes the drug work  
What it does

#### Slide 15

Slide Text: Too much *can* hurt you

- Check the active ingredients in all medicines.
- Don't use two medicines with the same active ingredient at the same time.

#### Slide 16

Slide Text: Be cautious

- If the medicine contains more than one active ingredient, read the purpose of each.
- Make sure you need each active ingredient, if you don't, choose a different drug.

#### Slide 17

Slide Text: Uses  
The symptoms the drug will treat

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#### Slide 18

- Slide Text: What is it good for?
- The uses section explains the illness or symptoms the medicine is designed to treat.
  - Use only the medicine that treats the symptoms you have.

#### Slide 19

- Slide Text: Warnings  
Special concerns regarding use

#### Slide 20

- Slide Text: Watch for side effects
- Medicines often have side effects—unwanted or unexpected effects on the body.
  - Read about the reasons the medicine should not be used, when to consult a doctor, and when to stop using it.

#### Slide 21

- Slide Text: Directions  
How to use safely

#### Slide 22

- Slide Text: Directions include:
- How much to use
  - How to use
  - How often to use
    - How many times per day
    - How many hours between doses
  - How long to use

#### Slide 23

- Slide Text: Dosage
- The strength of the medicine depends on the amount of active ingredient in each dose.
  - Use an accurate measuring tool for liquid medicine.

#### Slide 24

- Slide Text: Other information  
How to store the medicine and information about other ingredients as required by the FDA

#### Slide 25

- Slide Text: “Other” may include:
- How to store the medicine
  - Information about tamper resistant packaging
  - Ingredients that are neither active or inactive, such as sodium

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#### Slide 26

Slide Text: Inactive ingredients  
Components of the medicine that do not treat illness

#### Slide 27

Slide Text: Excipients

- Inactive ingredients make up the pill or liquid that carries the active ingredient(s).
- In pharmaceutical terms they are called excipients.

#### Slide 28

Slide Text: Questions?  
An optional DFL feature

#### Slide 29

Slide Text: Call the toll free number

- Telephone number to call for information or to comment on the product
- Some OTC medicines include Web addresses

#### Slide 30

Slide Text: If you are ever unsure about how or when to use medicine, consult your doctor or another health care professional.

#### Slide 31

Slide Text: Make Medicine Use SAFER  
The FDA recommends:

- Speak Up
- Ask Questions
- Find the Facts
- Evaluate Choices
- Read the Label