



OTC Measurement Requirements

Presented by: Campbell University's APhA OTC Literacy Committee

Why The Label Matters:

- The label appears on all OTC medications that can be purchased without a doctor's orders.
- Give the purpose of the medication along with who should take it and the recommended dose.

Exact Dose?

- It is important to get an accurate measurement when taking OTC products.
- The label will tell you how much medicine you should take based on your age and/or weight.
- Measuring spoons and other household spoons should not be used to measure a dose of medicine due to their many shapes and sizes.



Why is OTC Med Safety Important?

- Self medicating has become common
- Growing range of nonprescription drugs for a large variety of complaints
- OTC medication use is safe and effective when used correctly
- Problems arise when taken incorrectly

Understand the Label

- Active Ingredients that make the medicine work and their uses
- Safety information including side effects and warnings
- Directions on the amount of medicine to take and how often to take it



Safety Tips for OTC Medication

- Always follow label
- Correct use and dose
- Measure carefully
- Use proper dosing device
- Ask a pharmacist, doctor, or nurse if you have ANY questions
- Store all medicines “up and away” out of reach and sight of children
- Know the active ingredient
- Do not take multiple products with same active ingredient

Drug Facts	
Active ingredients	Purpose
Medicine 100 mg	cough suppressant
Medicine 150 mg	nasal decongestant
Uses Temporarily relieves:	
<ul style="list-style-type: none"> ■ coughing due to minor throat and bronchial irritation ■ nasal congestion 	
Warnings	
<p>Do not use if you have ever had an allergic reaction to this product or any of its ingredients.</p> <p>Ask a doctor before use if you have liver or kidney disease. Your doctor should determine if you need a different dose.</p>	
When using this product	
<ul style="list-style-type: none"> ■ you may get drowsy ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children 	
Stop use and seek medical help right away if allergic reaction occurs.	
Keep out of reach of children. In case of overdose, get medical help or contact your local poison center at 1-800-222-1222.	
Directions	
<ul style="list-style-type: none"> ■ Tablet melts in mouth. Can be taken with or without water. 	
Age	Dose
adults and children 12 years and older	2 tablets every 12 hours; do not use more than 4 tablets in a 24-hour period
children 6 years to under 12 years	1 tablet every 12 hours; do not use more than 2 tablets in a 24-hour period
children under 6 years of age	ask a doctor
Other information	
<ul style="list-style-type: none"> ■ store at 20°–25°C (68°–77°F) ■ keep dry 	
Inactive ingredients	
anhydrous citric acid, aspartame, magnesium stearate, maltodextrin, modified food starch, sodium bicarbonate, D&C yellow no. 10	
Questions or comments?	
Call weekdays from 9 a.m. to 5 p.m. EST at 1-800-XXX-XXXX.	

References

1. Food and Drug Administration. Educational resources: Understanding Over-the-counter medications. <https://www.fda.gov/drugs/understanding-over-counter-medicines/educational-resources-understanding-over-counter-medicine#brochures>. Published March 6, 2018. Accessed February 1, 2021.
2. Scholastic Inc. Over-the-counter medication safety. <https://www.scholastic.com/otc-med-safety/index.html>. Accessed February 1, 2021.