

## Over-the-counter Medicine Checklist

Information I need:

### Before going to the store

Weight: \_\_\_\_\_ (lbs) Age: \_\_\_\_\_  
(month or years)

Problem(s) or symptom(s) you want to treat:

Allergies or other health problems:

Any medicine the child used for the problem(s)  
before or medicine recommended by the doctor:

Other medicines (OTC and prescription), vitamins,  
or dietary supplements the child is using:

Doctor:

Pharmacy:

### At the store

Find the medicine that treats the problem(s) (such  
as pain, fever, or allergy).

Find the form of medicine (such as liquid or chew-  
able tablet) that is best for the child.

Read the **Drug Facts** label on each medicine  
package carefully.



For more information  
on using medicines safely,  
visit our website at

**www.fda.gov**

or call

1-888-INFO-FDA (1-888-463-6332).

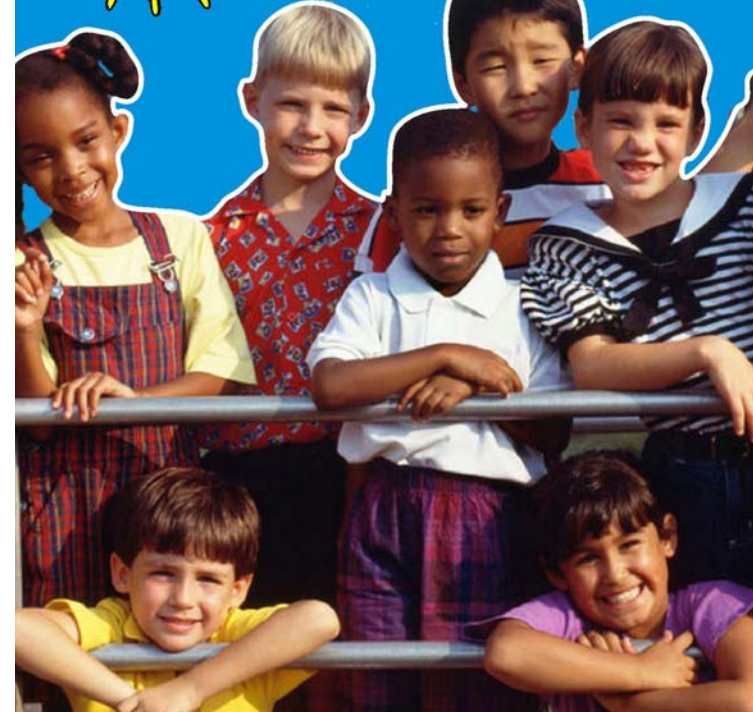


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## Giving Over-The-Counter Medicines To Children



What are  
*you weighting for?*

**Know Your Child's Weight**

# Know Your Child's Weight

Doses for most over-the-counter (OTC) medicines for children are based on a child's weight. Before giving your child any OTC medicine, it's important to know their weight.

Use your child's weight to find the right dose of medicine on the **Drug Facts** label. If you don't know your child's weight or the **Drug Facts** label doesn't show a dose by weight, use their age to find the right dose.

Check with the doctor or pharmacist to be sure the new medicine can be used with their other medicines

## **Drug Facts**

### **Active ingredients/Purposes**

Make sure the **Active Ingredients** aren't the same as those in another medicine the child is already using.

If the medicine contains more than one **Active Ingredient**, read the **Purposes** of each active ingredient

To make sure all of the active ingredients are needed for the problem(s) or symptom(s) you want to treat.

### **Uses**

Find medicine that **treats only** the problem(s) or symptom(s) the child has.

### **Warnings**

Is there any reason this medicine shouldn't be used?

Is there any reason to talk to a doctor or pharmacist before using this medicine?

### **Directions**

Find the correct dose on the package for her/his **weight and age**.

Make sure liquid medicine comes with a measuring tool (such as dropper, syringe, or dosing cup). If not, ask for one at the pharmacy. Spoons made for eating and cooking may give the wrong dose and **shouldn't be used**.

**Active ingredients/Purposes** tells you the part of the medicine that makes it work (active ingredient), what it does (purpose), and how much of each active ingredient is in each unit (such as pill, capsule, or teaspoon).

**Uses** tells you the problems the medicine will treat.

**Warnings** tells you:

- When to talk to a doctor.
- How the medicine might make someone feel.
- When someone should not use the medicine.
- Things someone should not be doing while using the medicine.
- When to stop using the medicine.
- To check with a doctor before using medicine if pregnant or breastfeeding.
- To keep medicines away from children.

**Directions** tells you how to use the medicine safely:

- How much to use.
- How to use it.
- How often to use it (how many times per day, how many hours apart).
- How long it can be used.

**Other Information** tells you how to store the medicine when it isn't being used.

**Inactive ingredients** lists the parts of the medicine that are not the active ingredient(s). These parts are added to help shape the form, to flavor or color the medicine, or to help the medicine last longer (preservatives).

Every OTC medicine has a **Drug Facts** label. The **Drug Facts** label is there to help you choose the right OTC medicine and use it safely. All medicines can cause side effects. If the directions on the label are followed, the chance of side effects can be lowered. These are the sections of the **Drug Facts** label: