

Purpose

This interactive activity teaches the information that can be found on a non-prescription (over-the-counter) medication label. It would be helpful to emphasize the importance of first reviewing the label information before taking such a medication.

Time to Complete the Activity:
25-45 minutes

Materials:

- BINGO cards
- Supplementary PowerPoint to accommodate game
- DRUGS Facilitator's Guide
- Will need to bring board markers such as pennies or small chips for the participants to mark their boards
- Small prizes for the winners (optional)

Directions for the Facilitators:

- Read through questions found on the DRUGS Facilitator's Guide in order from #1 to #24, which gives a logical progression of discussion of the OTC medication label
 - Use the PowerPoint to display the OTC product label example, and to display the answer to each question
 - Remind players that the answers to all questions are listed on their playing card
 - Also remind players that the middle square is a FREE SPACE
- Have players mark off the squares on their card after the correct answer has been revealed
- Feel free to elaborate on any discussion point during the game!



A twist on traditional BINGO...

D	R	U	G	S
Active Ingredient	Physician	Uses	Storage	Drug Interaction
Diabetics	Brand Name	Warnings	Maximum Dose	Alcohol
When to Take the Medication	Side Effects		How Much to Take	Medication List
Inactive Ingredients	High Blood Pressure	Low Sodium Diet	How Often to Take	Pharmacist
Vitamins/Herbals	Purpose Of Each Ingredient	Expiration Date	Generic Name	Over-the-Counter


A twist on traditional BINGO...

D	R	U	G	S
How Often to Take	Alcohol	Physician	Storage	Active Ingredient
Vitamins/Herbals	Inactive Ingredients	High Blood Pressure	Generic Name	Pharmacist
Warnings	Expiration Date		Uses	Brand Name
Purpose Of Each Ingredient	Low Sodium Diet	Medication List	How Much to Take	Diabetics
Side Effects	Maximum Dose	Over-the-Counter	When to Take the Medication	Drug Interaction


A twist on traditional BINGO...

D	R	U	G	S
Warnings	Vitamins/ Herbals	Alcohol	Brand Name	Uses
Over-the-Counter	Generic Name	Purpose Of Each Ingredient	High Blood Pressure	Side Effects
How Much to Take	Active Ingredient		How Often to Take	Expiration Date
When to Take the Medication	Maximum Dose	Pharmacist	Inactive Ingredients	Medication List
Drug Interaction	Storage	Physician	Low Sodium Diet	Diabetics

A twist on traditional BINGO...

D	R	U	G	S
Low Sodium Diet	How Often to Take	How Much to Take	Warnings	Inactive Ingredients
Active Ingredient	Expiration Date	Vitamins/ Herbals	High Blood Pressure	When to Take the Medication
Maximum Dose	Side Effects		Generic Name	Brand Name
Purpose Of Each Ingredient	Uses	Diabetics	Alcohol	Pharmacist
Drug Interaction	Physician	Medication List	Storage	Over-the-Counter

A twist on traditional BINGO...

D	R	U	G	S
Pharmacist	Brand Name	How Much to Take	Over-the-Counter	Expiration Date
High Blood Pressure	Alcohol	Generic Name	Uses	Vitamins/Herbals
Diabetics	Warnings		When to Take the Medication	Low Sodium Diet
Drug Interaction	Storage	Physician	Side Effects	Active Ingredient
PurposeOf Each Ingredient	Maximum Dose	Inactive Ingredients	How Often to Take	Medication List

A twist on traditional BINGO...

D	R	U	G	S
Active Ingredient(s)	Expiration Date	Uses	Alcohol	Pharmacist
Diabetics	Low Sodium Diet	Storage	How Much to Take	Vitamins/Herbals
When to Take the Medication	Side Effects		Drug Interactions	Medication List
High Blood Pressure	Brand Name	Warnings	Inactive Ingredients	Over-the-Counter
Purpose of Each Ingredient	Physician	Maximum Dose	How Often to Take	Generic Name


A twist on traditional BINGO...

D	R	U	G	S
Maximum Dose	High Blood Pressure	Expiration Date	Medication List	Low Sodium Diet
Drug Interaction	Side Effects	Active Ingredient(s)	Over-the-Counter	Vitamins/Herbals
Purpose of Each Ingredient	Diabetics		Uses	How Often to Take
Pharmacist	Brand Name	Storage	How Much to Take	Warnings
Physicians	When to Take the Medication	Generic Name	Alcohol	Inactive Ingredients


A twist on traditional BINGO...

D	R	U	G	S
Vitamins/ Herbals	How Often to Take	Diabetics	High Blood Pressure	Inactive Ingredients
Warnings	Active Ingredient(s)	Medication List	How Much to Take	Expiration Date
Maximum Dose	Purpose of Each Ingredient		Storage	Drug Interaction
Brand Name	Generic Name	Uses	Physician	Low Sodium Diet
Over-the- Counter	Alcohol	Pharmacist	When to Take the Medication	Side Effects

A twist on traditional BINGO...

D	R	U	G	S
High Blood Pressure	When to Take the Medication	Warnings	Generic Name	Medication List
How Often to Take	Alcohol	Side Effects	Purpose of Each Ingredient	Expiration Date
Inactive Ingredients	Low Sodium Diet		Uses	How Much to Take
Brand Name	Pharmacist	Vitamins/Herbals	Drug Interactions	Active Ingredient(s)
Over-the-Counter	Physician	Diabetics	Maximum Dose	Storage


A twist on traditional BINGO...

D	R	U	G	S
Generic Name	Pharmacist	Vitamins/ Herbals	Warnings	High Blood Pressure
Drug Interaction	Storage	How Much to Take	How Often to Take	Maximum Dose
Purpose of Each Ingredient	Diabetics		Uses	Alcohol
Active Ingredient(s)	Physician	When to Take the Medication	Over-the-Counter	Inactive Ingredients
Side Effects	Brand Name	Expiration Date	Low Sodium Diet	Medication List


A twist on traditional BINGO...

D	R	U	G	S
How Often to Take	Inactive Ingredients	Expiration Date	Brand Name	Uses
Warnings	Medication List	Over-the-Counter	Physician	Pharmacist
How Much to Take	Drug Interaction		Alcohol	Side Effects
Vitamins/Herbals	Low Sodium Diet	Generic Name	Purpose of Each Ingredient	Active Ingredient(s)
When to Take the Medication	Maximum Dose	Storage	High Blood Pressure	Diabetics

A twist on traditional BINGO...

D	R	U	G	S
Side Effects	Brand Name	Alcohol	Low Sodium Diet	Purpose of Each Ingredient
Physician	Vitamins/ Herbals	Storage	Medication List	Drug Interaction
How Often to Take	Generic Name		Uses	Pharmacist
When to Take the Medication	Over-the-Counter	How Much to Take	Diabetics	Inactive Ingredients
Maximum Dose	High Blood Pressure	Warnings	Active Ingredient(s)	Expiration Date

A twist on traditional BINGO...

D	R	U	G	S
Over-the-Counter	Warnings	Brand Name	Expiration Date	Inactive Ingredients
Low Sodium Diet	Alcohol	Generic Name	Storage	Side Effects
How Often to Take	How Much to Take		Vitamins/Herbals	Active Ingredient(s)
Uses	Diabetics	Pharmacist	Purpose of Each Ingredient	Medication List
Physician	High Blood Pressure	When to Take the Medication	Maximum Dose	Drug Interaction

A twist on traditional BINGO...

D	R	U	G	S
How Often to Take	Alcohol	Maximum Dose	Diabetics	Inactive Ingredients
Brand Name	Drug Interaction	Medication List	Uses	Side Effects
When to Take the Medication	Pharmacist		High Blood Pressure	Physician
Over-the-Counter	Active Ingredient(s)	Warnings	Purpose of Each Ingredient	How Much to Take
Generic Name	Expiration Date	Low Sodium Diet	Storage	Vitamins/Herbals

A twist on traditional BINGO...

D	R	U	G	S
Vitamins/ Herbals	How Often to Take	Storage	Side Effects	How Much to Take
Pharmacist	When to Take the Medication	Drug Interaction	Warnings	Over-the- Counter
Expiration Date	Active Ingredient(s)		Uses	High Blood Pressure
Maximum Dose	Inactive Ingredients	Low Sodium Diet	Purpose of Each Ingredient	Diabetics
Physician	Brand Name	Alcohol	Medication List	Generic Name


A twist on traditional BINGO...

D	R	U	G	S
How Much to Take	Inactive Ingredients	Storage	Generic Name	Pharmacist
How Often to Take	Vitamins/Herbals	Medication List	Side Effects	Uses
Brand Name	Warnings		When to Take the Medication	Diabetics
Active Ingredient(s)	Purpose of Each Ingredient	Low Sodium Diet	Over-the-Counter	Alcohol
Expiration Date	Physician	Drug Interaction	Maximum dose	High Blood Pressure

A twist on traditional BINGO...

D	R	U	G	S
How Much to Take	Drug Interaction	Vitamins/ Herbals	Warnings	Maximum Dose
Storage	How Often to Take	Brand Name	Diabetics	Pharmacist
Physician	When to Take the Medication		Expiration Date	Purpose of Each Ingredient
Side Effects	Uses	Alcohol	Active Ingredient(s)	Over-the-Counter
Inactive Ingredients	High Blood Pressure	Low Sodium Diet	Medication List	Generic Name


A twist on traditional BINGO...

D	R	U	G	S
When to Take the Medication	Generic Name	Storage	Brand Name	Vitamins/Herbals
Drug Interaction	Uses	Pharmacist	Purpose of Each Ingredient	High Blood Pressure
How Often to Take	Diabetics		Warnings	Medication List
Expiration Date	Active Ingredient(s)	Physician	Over-the-Counter	Alcohol
How Much to Take	Inactive Ingredients	Low Sodium Diet	Side Effects	Maximum Dose


A twist on traditional BINGO...

D	R	U	G	S
Drug Interaction	Pharmacist	How Often to Take	Uses	Diabetics
Generic Name	Brand Name	Alcohol	Maximum Dose	When to Take the Medication
Expiration Date	Side Effects		Active Ingredient(s)	Warnings
Storage	Purpose of Each Ingredient	Medication List	Low Sodium Diet	How Much to Take
Vitamins/Herbals	Over-the-Counter	Inactive Ingredients	High Blood Pressure	Physician

A twist on traditional BINGO...

D	R	U	G	S
Vitamins/ Herbals	Generic Name	Drug Interaction	Side Effects	Low Sodium Diet
Medication List	Uses	Inactive Ingredients	How Often to Take	High Blood Pressure
Storage	When to Take the Medication		Physician	Active Ingredient(s)
Warnings	Pharmacist	Diabetics	How Much to Take	Expiration Date
Over-the- Counter	Brand Name	Maximum Dose	Alcohol	Purpose of Each Ingredient


A twist on traditional BINGO...

D	R	U	G	S
Drug Interaction	Low Sodium Diet	When to Take the Medication	Medication List	Pharmacist
Uses	Side Effects	How Often to Take	Inactive Ingredients	Warnings
Over-the-Counter	Storage		Brand Name	Vitamins/Herbals
Purpose of Each Ingredient	How Much to Take	Maximum Dose	High Blood Pressure	Physician
Alcohol	Expiration Date	Diabetics	Generic Name	Active Ingredient(s)


A twist on traditional BINGO...

D	R	U	G	S
How Often to Take	Side Effects	How Much to Take	Purpose of Each Ingredient	Drug Interaction
Warnings	Physician	Active Ingredient(s)	Expiration Date	Pharmacist
Generic Name	Storage		Diabetics	Over-the-Counter
High Blood Pressure	Uses	Low Sodium Diet	Medication List	Inactive Ingredients
Vitamins/Herbals	When to Take the Medication	Alcohol	Maximum Dose	Brand Name

A twist on traditional BINGO...

D	R	U	G	S
Purpose of Each Ingredient	Generic Name	High Blood Pressure	Brand Name	Alcohol
Side Effects	Vitamins/ Herbals	When to Take the Medication	Inactive Ingredients	Maximum Dose
Storage	Pharmacist		Uses	Over-the-Counter
Drug Interaction	Expiration Date	Physician	Diabetics	Active Ingredient(s)
Low Sodium Diet	How Much to Take	Warnings	Medication List	How Often to Take

A twist on traditional BINGO...

D	R	U	G	S
Medication List	Pharmacist	Physician	Alcohol	When to Take the Medication
Drug Interaction	Maximum Dose	Low Sodium diet	Generic Name	How Often to Take
Vitamins/ Herbs	Purpose of Each Ingredient		Inactive Ingredients	Brand Name
Uses	Expiration Date	How Much to Take	High Blood Pressure	Active Ingredient(s)
Side Effects	Over-the-Counter	Diabetics	Warnings	Storage

A twist on traditional BINGO...

D	R	U	G	S
Medication List	Storage	Purpose of Each Ingredient	Diabetics	Active Ingredient(s)
Physician	Inactive Ingredients	Drug Interaction	Maximum Dose	Uses
When to Take the Medication	Pharmacist		High Blood Pressure	Over-the-Counter
Vitamins/Herbals	Side Effects	Generic Name	How Often to Take	Warnings
Expiration Date	How Much to Take	Low Sodium Diet	Brand Name	Alcohol

DRUGS Facilitator's Guide

- 1.) Referring to medications that are available without a prescription, what does the abbreviation "OTC" stand for?

Over-the-Counter

- 2.) This is the product name that is associated with a particular manufacturer. An example would be MOTRIN.

Brand Name

- 3.) This is the product name that describes the active ingredient, and products named this way may have many different manufacturers. An example would be IBUPROFEN.

Generic Name

- 4.) The first item on the label, this describes the drug (or drugs) in a medication that is treating your symptoms.

Active Ingredient(s)

- 5.) This describes what each active ingredient is being used for. This is especially important when using combination products that contain multiple active ingredients.

Purpose of Each Ingredient

- 6.) The different reasons to take an OTC medication are listed under this section...

Uses

- 7.) This section includes information about what patients should NOT use the product, and when it is recommended to consult a doctor or pharmacist before using the product.

Warnings

- 8.) Under the "Warnings" section there is a description of some of the potential unwanted effects the medication can cause. These are known as...

Side Effects

- 9.) Also under the "Warnings" section is information about what substances should be avoided when using the medication, including medications and this. What else should be avoided that may be harmful when using medications?

Alcohol

- 10.) When a substance affects how a drug works (making the effects increase or decrease, or causing side effects), this is known as a...

Drug Interaction

*** Drug interactions can occur between prescription drugs, over-the-counter products, vitamins, minerals, herbals, and foods/beverages.

- 11.) In the "Directions" section, the number of units, or dose of the medication, tells you...

How Much to Take

- 12.) Also in the "Directions," the interval of time listed for the product tells you...

How Often to Take

- 13.) It is important not to exceed this recommended dose, because doing so could be harmful and put you at risk for side effects.

Maximum Dose

- 14.) Some medications list this information, which may specify a certain time of day when it is best to take the medication.

When to Take the Medication

- 15.) Under "Other Information" are instructions regarding this, which describes the temperature and conditions which are needed to keep the medication at its best.

Storage

- 16.) This section lists other products found in the medication (including fillers and dyes), and may important for patients with allergies or sensitivities.

Inactive Ingredients

- 17.) Always check this date to be sure that the medication is still good, and be sure to clean out your medicine cabinet on a yearly basis to dispose of old medications.

Expiration Date

- 18.) Patients with this condition should not take decongestants, like pseudoephedrine, because they may cause an increase in blood pressure, racing heartbeat, and palpitations.

High Blood Pressure

- 19.) Many patients who have high blood pressure are on this special diet. They should avoid sodium bicarbonate, a common antacid, and other sodium-containing products by closely checking labels.

Low Sodium Diet

- 20.) These patients need to be careful when choosing a cough syrup, because some syrups have a high sugar content and may cause hyperglycemia.

Diabetics

- 21.) These over-the-counter products are often wrongly considered “more safe” than other products, but can cause significant drug interactions. Your pharmacist and physician should always be notified if you use these products

Vitamins/ Herbals

- 22.) Contact this healthcare provider after a few days if your symptoms have not improved or have worsened after taking an over-the-counter product.

Physician

- 23.) This healthcare professional and drug expert is who you should turn to for your medication-related questions and for all recommendations for OTC products.

Pharmacist

- 24.) This important tool should include both prescription and non-prescription medication including vitamins and herbals, as well as any medication allergies. It should be given to all of your healthcare providers, and be kept updated at all times.

Medication List

