

## DRUGS Bingo

### 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!

## 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 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 be 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 make the condition worse.

### High Blood Pressure

\*\*\*Decongestants not only increase blood pressure but may also cause a racing heartbeat.

- 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 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