

Free book offers consumers advice

NEW YORK, N.Y. — "If a drug prescribed for you seems to be causing unusual reactions or feelings, call your doctor immediately."

That advice and much more is included in the Bristol-Myers Guide to Consumer Product Information, a 191-page paperback book offered free to consumers.

Now in its seventh prin-

ting, the Guide explains: "Prescription drugs can make you feel better or perhaps even save your life." But incorrectly used or stored, the drugs your doctor prescribes can be harmful or sometimes dangerous.

What should consumers do to protect against the dangers? A few tips:

Don't use leftover medicine. It can be ex-

remely hazardous to take drugs left over from a previous illness or prescribed for another person. This can delay the start of proper treatment and may worsen your condition.

Alert doctors to all the drugs you take. Because some drugs react unfavorably together, each doctor you go to should know of any medication you're already taking, including non-prescription drugs.

Mention allergies. If you've ever had any allergic reaction to a drug, food or vitamin, tell your doctor about it before he or she

gives you an injection or writes a prescription. Mention, too, if you're pregnant or nursing your baby.

Take everything prescribed. Ask your doctor if you should use up the entire prescription or stop taking the medicine when you start to feel better. Wiping out infection usually requires that you take all that's been prescribed. Ask, too, whether you should take the drugs before or after meals.

Know what drug you're taking. Don't be afraid to ask your doctor the name of the drug being prescribed and

what it's supposed to do. Ask your druggist to type on the label the patient's full name, name of drug, date, dosage and instructions for taking. You can then tell another doctor exactly what's been prescribed.

Use safety caps to protect children. If there are children at home, drugs should always be kept in child-resistant (safety-capped) containers and stored out of children's reach, preferably in a locked cupboard. Ask your pharmacist for such containers when prescriptions are filled.

Never mix drugs in one

container. Never place one drug in a container with another because they can interact with each other, thus decreasing their effectiveness. If you keep each drug in its original container, important label information will not be separated from the medicine.

Destroy outdated drugs. Clean out your medicine chest periodically and destroy all outdated or unlabeled prescriptions. Don't throw outdated tablets, capsules or liquids in the trash — flush them down

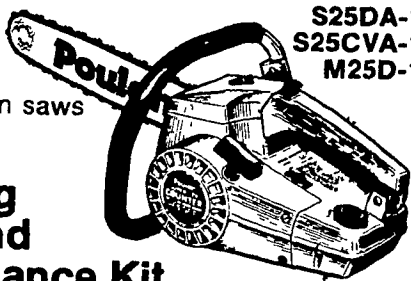
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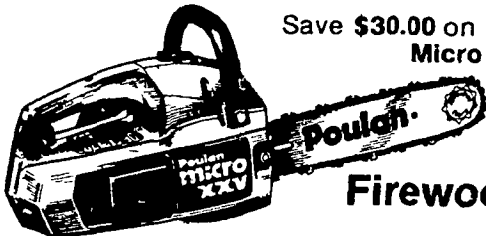
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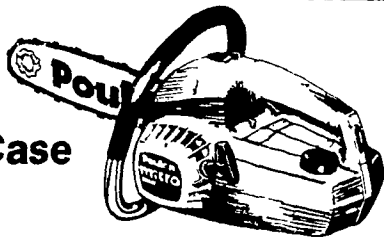


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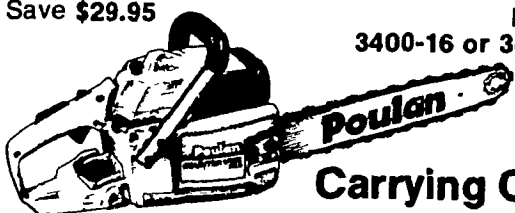
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