

# Which Drug Should I Choose?

## ...for SELF-MEDICATION

**Before purchasing a self-medication product, ask your pharmacist the following questions:**

- ? Can my symptoms be safely treated with a nonprescription medication?
- ? Should I see a doctor instead?
- ? What is the best product to treat my condition?
- ? Am I allergic to any ingredient in the product?
- ? Are there any foods, alcoholic beverages or self-medication products that I should avoid?
- ? Do I have a health problem that would prevent me from using the product?
- ? Am I taking any prescription drug that could interact with the product?
- ? Are there any special instructions I should know about in order to use this product safely?
- ? Can I use it for my child? Is a different dose required?



**Canadian Pharmacists Association**  
**Association des pharmaciens du Canada**

1785 Alta Vista Drive, Ottawa, Ontario K1G 3Y6 (613) 523-7877  
Available from CPhA