PHARM.D • YEAR 2

Community Pharmacy

CHAPTER 9

OTC Medication



PPT CHAPTER COVER

DOCTOR OF PHARMACY

OTC MEDICINES: THE BASIC CONCEPT

Over-the-counter medicines are products legally available without a prescription for appropriate self-care.

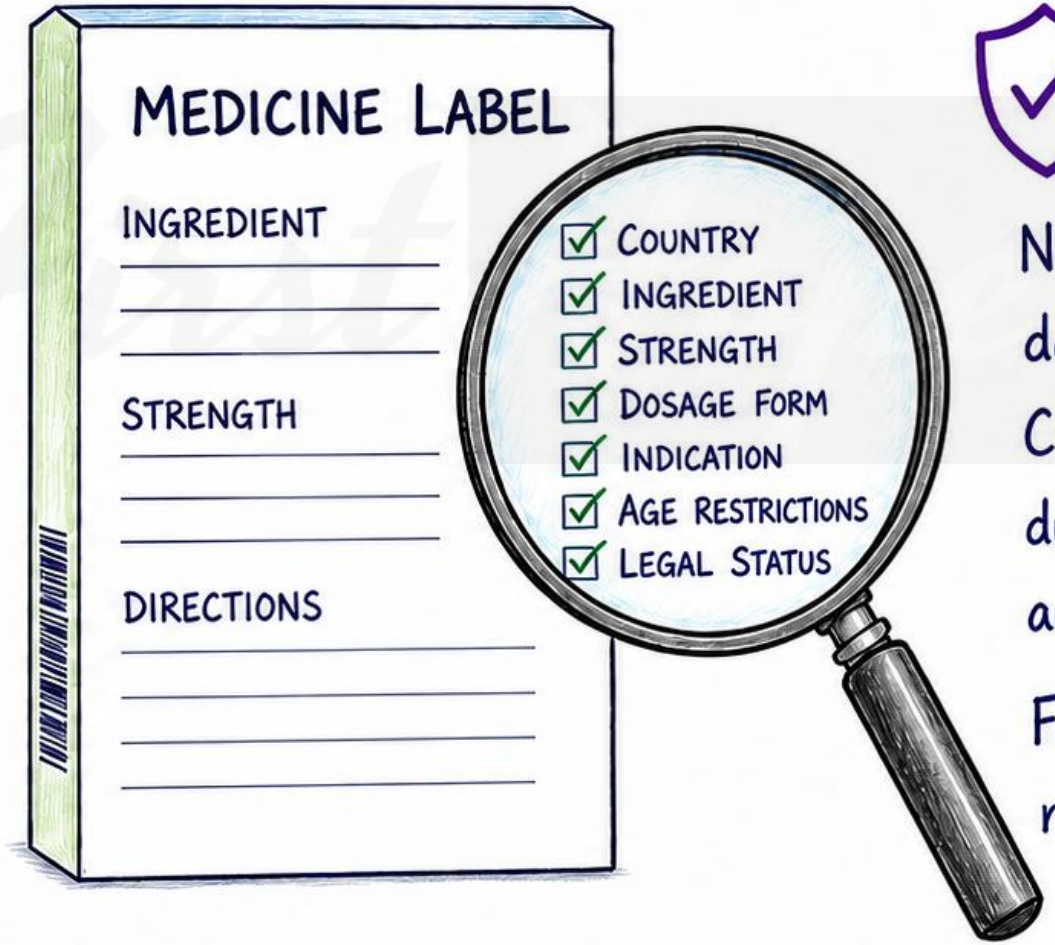
LEGAL STATUS

STATUS IS PRODUCT-SPECIFIC

Country, ingredient, strength, dosage form, indication and age restrictions can change supply requirements.

INDIAN CONTEXT

Use the actual Indian product label and applicable rules. Medicines under Schedules H, H1 and X require prescription-based supply.



SAFE USE

Nonprescription availability does not mean harmlessness.

Check suitability, interactions, duplication, duration of use and when referral is needed.

Foreign OTC examples are not an Indian legal sales list.

THE OTC CONSULTATION

ASK BEFORE SELECTING A PRODUCT

Who is it for? What symptoms are present, how severe are they and how long have they lasted?
What has already been tried?

CHECK THE PERSON

Age, pregnancy or breastfeeding, allergies, medical conditions and all medicines—including combination products and herbs.

DECIDE



Appropriate self-care → clear advice and a review point.



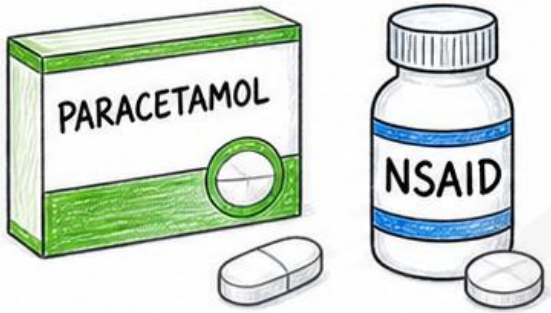
Uncertain diagnosis, high-risk patient or warning signs → clinical assessment.

Document important advice. Explain when to stop self-treatment and seek help.

PAIN, FEVER & ALLERGY PRODUCTS



PAIN & FEVER



Paracetamol and some NSAID products are common self-care examples where legally permitted.

Check dose limits, duplicate ingredients, liver risk for paracetamol, and gastrointestinal, kidney or bleeding risks for NSAIDs.



LIVER RISK



KIDNEY RISK



GI & BLEEDING RISK

ALLERGY



Antihistamines can reduce allergic symptoms. Some cause drowsiness and impair driving; assess other sedating medicines.



GENERAL SAFETY



Use the correct age-appropriate product and shortest appropriate duration.
Persistent, severe or unexplained symptoms need assessment rather than repeated medicine purchases.



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