

## TRAINING ACTIVITY 2 SESSION 2

### ACTIVITY: EXPLORING THE PIL



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# Partners



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## EXPLORING THE P.I.L.

It's important to know how to interpret the PIL (Patient Information Leaflet) because it tells us a lot about a medication: type of medicine, what it's for, how to take it, side effects, etc.

On the following pages, you'll find several examples of commonly used medications (the names aren't real; we made them up).

Print the pages you need, fold them like a leaflet, and read them in class. The goal is to find some mistakes we've made, so you have to pay attention!

The PILs can be projected on the screen and work in group or print as many PILs as you need and work individually or in small groups.



# Acheaway-tamol

Tablets



## WHAT IS IT AND WHAT IS IT USED FOR?

- It belongs to a group of medicines called analgesics (painkillers)
- It is used to treat pain

## USES

- Headache
- Toothache
- Fever
- Muscle pain
- Back pain
- Baldness

## WARNINGS

- Talk to your doctor before taking this medication
- Do not drink alcohol with this medication

## DIRECTIONS

- Take 24 tablets a day, one every hour, with a beer

## SIDE EFFECTS

- Gastrointestinal issues
- Allergic reaction
- If you notice any of these effects, stop taking it and consult a doctor

## OTHER INFORMATION

- Keep this leaflet. You may need to read it again.
- If it works well for you, recommend it to your grandma

# Stopatchuss COMPLEX

Sachets



## WHAT IS IT AND WHAT IS IT USED FOR?

- It belongs to the group of medicines called antihistamines.
- It is used to relieve allergies.

## HOW TO TAKE IT

- Take 2 sachets a day, one every 12 hours, dissolved in water.

## USES

- Spring allergies
- Sneezing
- Tearing
- Nasal itching
- Work allergy

## SIDE EFFECTS

- Nose growth
- If you notice any of these effects, stop taking it and consult a doctor.

## WARNINGS

- Not recommended for children under 10 years old
- Do not drink alcohol with this medication

## ADDITIONAL INFORMATION

- Keep this leaflet. You may need to read it again.
- Keep this medication in the microwave

# Clearview ULTRA

Eye drops



## WHAT IS IT AND WHAT IS IT USED FOR?

- It belongs to the group of medicines called mumbo jumbos
- It is used to relieve eye irritation

## HOW TO TAKE IT

- Drink 20 drops with orange juice every day.

## USES

- Eye irritation
- Dry eyes

## SIDE EFFECTS

- Itchy eyes
- Blurred vision

## WARNINGS

- Wash your hands before applying the drops
- For eye use only

## ADDITIONAL INFORMATION

- Keep this leaflet. You may need to read it again.
- Keep this medicine out of the reach of children

# De-blockade ADULTS

## Suppositories



### WHAT IS IT AND WHAT IS IT USED FOR?

- It is a glycerin-based mild laxative
- It is used when the digestive system goes on strike

### USES

- Relief from occasional constipation
- Use only if they have passed several days without evacuating

### WARNINGS

- For rectal use only
- Not to be eaten: it doesn't work, and it tastes really bad
- Should not be used for more than 3 consecutive days

### INSTRUCTIONS

- Wash your hands thoroughly before and after using
- Wait 15-20 minutes for it to take effect

### SIDE EFFECTS

- Abdominal cramps
- Feeling of lightness after use

### ADDITIONAL INFORMATION

- Keep out of the sight and reach of children
- Store in a very hot place
- A diet rich in fruit and vegetables can help prevent constipation.

# Go-cholesterol

## Pills



### WHAT IS IT AND WHAT IS IT USED FOR?

- It belongs to a group of medicines known as statins.
- It helps lower the level of cholesterol in your blood.

### USES

- By lowering your cholesterol, statins help keep your blood flowing smoothly and protect your heart.

### WARNINGS

- Tell your doctor if you are taking other medicines.
- Do not drink grapefruit juice or eat grapefruit.

### INSTRUCTIONS

- Take your statin once a day at the same time.
- Don't forget to take it: consistency is key

### SIDE EFFECTS

- Most people take it with no issues at all.
- However, some people get fits of laughter.

### ADDITIONAL INFORMATION

- Lifestyle matters: get off the couch and stay active
- Your doctor will perform blood tests every day.

# ZZZ Sleep

## Gummies



### WHAT IS IT AND WHAT IS IT USED FOR?

- Gummies to help sleeping
- Main ingredient: Melatonin

### DIRECTIONS

- One gummy per day.
- Take it 30 to 60 minutes before bedtime.

### USES

- Designed to help reduce the time it takes to fall asleep.
- Only for mild sleep issues

### SIDE EFFECTS

- The next day you can feel drowsy.
- After taking them, you will receive a message in your mobile phone: "It's time to go to bed".

### WARNINGS

- Do not exceed the recommended dose.
- Do not drive within 5 hours of taking it.
- Caution if you are diabetic: it may contain sugar.

### OTHER INFORMATION

- Keep out of reach of children, these are not candies.
- If it does not work, try to read this book: "The long boring story of our ancestors".