

Poison Antidote



“Natural” Doesn’t Mean Safe

As more dietary supplements and herbal products become available, people are increasingly turning to them for their health problems. A common perception is that because these products are natural, they are safer than other medications. Actually, many of our prescription medicines are derived from natural sources, and the natural products in our dietary supplements can often have the same ingredients as prescription and over-the-counter (OTC) drugs. Therefore, adverse effects are possible with any dietary supplements, “natural” or not, and can interact with OTC and prescription medicines and possibly have adverse effects. Consult your doctor or pharmacist before beginning any dietary supplement to see if it is safe for you.

Poison prevention tips:

- Tell your doctor if you are taking an herbal remedy or supplement.
- Always use caution if taking supplements or herbal products.
- Do not stop your regular medication without consulting your doctor.
- If you experience side effects or interactions, or have questions about a possible poisoning, call the specialists at the Utah Poison Control Center at 1-800-222-1222.



Utah Poison Control Center Winter 2017



UNIVERSITY OF UTAH
COLLEGE OF PHARMACY
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A Caution for Cough and Cold Season

During the winter season, people often use over-the-counter (OTC) medications for their cough, cold, and flu symptoms without realizing that acetaminophen is in multiple OTC and prescription products. Too much acetaminophen can harm the liver, but the amount that is dangerous for each person depends on their age, weight, and underlying health.

To avoid acetaminophen overdose, it’s extremely important to always read the Drug Facts label or active ingredients before taking any OTC medication. Here are other ways to prevent acetaminophen overdose:

- Keep medicine up and out of reach of children.
- Keep track of how much liquid medicine remains in the container by marking the level with a marker after each use. If you need to call the poison center, you will have a better idea of how much was consumed.
- Check the label to ensure that your child is given the correct dose based on his or her weight.
- Use the dosing device provided with the product.
- Do not use adult-strength acetaminophen for children.
- Always use products with child-resistant closures and make sure the product is closed immediately after use. Remember, child-resistant is not child-proof!
- Read the product label before taking OTC medications to ensure you are not double dosing on acetaminophen.

National Poison Prevention Week March 19-25, 2017

Poisoning is the number one cause of unintentional injury death in the United States. Poisonings are preventable, so increasing education can help ensure that poisonings do not happen in the first place. National Poison Prevention Week (NPPW) brings awareness each year to the poison problem and gives pharmacists, doctors, nurses, health educators, teachers, and others a chance to spread poison prevention information. Join the Utah Poison Control Center (UPCC) in promoting awareness during NPPW by visiting www.utahpoisoncontrol.org to order prevention materials, download lesson plans, and access activity sheets and other learning resources. Connect with the UPCC on Twitter and Facebook to find more resources for NPPW and ideas throughout the year, and remember to be poison-safe!