

## **GUIDELINES FOR PATIENTS/CONSUMERS OF DRUGS & COSMETICS.**

- a) Avoids self-medications as far as practicable. Consume drugs prescribed by your Doctor.
- b) Procure your medicines only from licensed retail chemist shops. Insist on obtaining a bill/cash memo or invoice for your medicines with proper batch no. and date of expiry as this is your major guarantee against spurious/ counterfeit medicines.
- c) Your medicines may lose potency well before their date of expiry if not stored properly.
- d) The date of expiry shall be in terms of month and year and it shall mean the drug is recommended till the last day of the month.
- e) Store your medicines in a cool, dark and dry place, kitchen or bathroom cabinets are not the appropriate storage places.
- f) Taking alcohol along with medicines can be harmful.
- g) The medicines prescribed for you are meant for you only. Do not give them to others even if their symptoms are similar.
- h) Do not discontinue taking your prescribed medicines until advised by your doctor. Take complete course of the prescribed medicines particularly, if they are antibiotics.
- i) You can import up to 100 doses of your medicines against your Doctor's prescription. Contact Central Drugs Standard Control Organization, **Nirman Bhawan, New Delhi-110011.**
- j) Keep all medicines out of the reach of children.