

**19. Can I take over the counter medication as well as my prescribed drugs?**

If purchasing over the counter medication it is important to check for possible interactions with prescribed drugs.

Simple analgesia (painkillers) such as Paracetamol are usually safe, providing that you do not exceed the maximum recommended dose.

However, before taking these please ensure that none of your prescribed medication also contain Paracetamol, since this could result in accidental overdose, which could be dangerous.

You should not take non-steroidal anti-inflammatory drugs (NSAIDs) purchased over the counter eg Neurofen, if you are already taking prescribed NSAIDs. These should be avoided if you have previously suffered any adverse effects or have a history of gastritis or stomach ulcers. NSAIDs are also best avoided if you are asthmatic, unless your GP has advised you to take them.

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