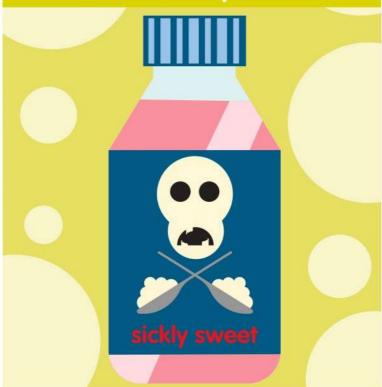
choose sugar-free medicine for a healthy smile





Don't be sickly sweet – choose a sugar-free medicine. Ask your GP or pharmacist to help you choose.

Many medicines contain a lot of sugar, which can lead to tooth decay.

- ★ If the medicine contains sugar and is to be taken before bedtime, brush your teeth afterwards.
- If you are getting a prescription from your GP you can ask them to prescribe a sugar-free alternative if there is one available.
- If you are buying over-the-counter medicine ask your pharmacist for advice. There may be a sugar-free alternative.
- ★ Some medicines can give you a dry mouth which can harm your teeth – ask for advice if this happens.