

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.