Choose sugar-free medicines

Don’t let medicines ruin your teeth
Taking sugary medicine at bed time or during the day slows the flow of saliva (spit) in the mouth. Slow the flow of saliva means that tooth decay can happen. If tooth decay happens teeth are at risk of tooth decay.

Most people know that tooth decay is caused by sugary snacks and drinks but...

...did you realise that many liquid medicines contain large amounts of sugar?
It’s not only prescription medicines that may contain sugar, but also those you buy at the pharmacy and other shops.

Ask your doctor to prescribe sugar-free medicine.
Cough medicine, pain and fever relief and most prescription medicines are available in pleasant tasting sugar-free varieties.

Ask your pharmacist to recommend a sugar-free medicine.
Sugar-free medicine is an easy choice to keep your teeth healthy.

The more often you have anything containing sugar the more likely your teeth are to decay. Cut down by choosing sugar-free medicine.
All the following types of medicines are available sugar-free:

- antibiotics
- asthma medicines
- cough medicines
- decongestants
- fever and pain relief
- hay fever treatments
- laxatives
- multivitamins
- teething gels
- throat lozenges

Ask your doctor or pharmacist for sugar-free medicine