

# 医療機関受診前の一般用医薬品の使用実態に関する調査研究 ～消化器症状、頭痛での検討～

齋藤 充\*1、宇佐美 孝\*1、橋口正行\*1、末永美由紀\*2、望月眞弓\*3

\*1 北里大学薬学部臨床薬学研究センター医薬品情報部門：〒108-8641 東京都港区白金5-9-1

\*2 昭和大学附属豊洲病院薬局：〒135-8577 東京都江東区豊洲4-1-18

\*3 共立薬科大学医薬品情報学講座：〒105-8512 東京都港区芝公園1-5-30

Use of over-the-counter medications by patients with gastrointestinal symptoms or headache in Japan

Makoto Saito<sup>1</sup>, Takashi Usami<sup>1</sup>, Masayuki Hashiguchi<sup>1</sup>, Miyuki Suenaga<sup>2</sup>, Mayumi Mochizuki<sup>3\*</sup>

<sup>1</sup>Division for Evaluation and Analysis of Drug Information, Kitasato University School of Pharmacy, Tokyo, Japan

<sup>2</sup>Division for Pharmacy, Showa University Toyosu Hospital, Tokyo, Japan

<sup>3</sup>Division for Evaluation and Analysis of Drug Information, Kyoritsu University of Pharmacy, Tokyo, Japan

(Received April, 24, 2007)  
(Accepted August, 20, 2007)

## Abstract

**Objective:** We investigated the use of over-the-counter (OTC) medications among patients with gastrointestinal symptoms or headache to develop the ideal method of providing information on appropriate use.

**Design:** Descriptive study.

**Methods:** Patients were surveyed in two Tokyo hospitals, October 2005–March 2006. All were >15 years of age, had gastrointestinal symptoms or headache, and gave informed consent. Diagnoses were verified based on medical records.

**Results:** Two hundred participants completed questionnaires: 105 with gastrointestinal symptoms and 95 with headache. Sixty percent of patients with gastrointestinal symptoms and 58% of those with headache had used OTC medications before consultation. OTC medication users with gastrointestinal symptoms and headache who read package labels comprised 54% and 75%, respectively. The percentages who read package inserts with gastrointestinal symptoms and headache were 50% and 64%, respectively. Most read “Dosage instructions” (85% and 88%, respectively), followed by “Usage directions” (71% and 75%), “Contraindications” (29% and 48%), and “Consult a physician or pharmacist before use” (21% and 28%). Twenty-four percent of OTC medication users had used OTC medications for prolonged periods before consultation, including some patients with gastric cancer, gastric ulcer, or reflux esophagitis.

**Conclusion:** Few OTC medication users read “Contraindications” and “Consult a physician or pharmacist before use” and some patients with serious diseases used them for prolonged periods before consulting a physician. These problems could result from lack of knowledge of the importance of reading labels and package insert information and infrequent seeking of advice from medical professionals. Further studies are necessary to determine the ideal methods of providing information on appropriate use to consumers.