

#Check the name of the medication

Whether a prescribed or over the counter medication, from a pharmacy or a supermarket, always check the label / ingredients using Global DRO irrespective of whether you used the medication before!

STEP
01



STEP Use Global DRO

02

<https://www.globaldro.com/Home>

- Check in & out of competition
- Study the traffic light output
- Note the route of entry ie. oral or injection etc.
- Check each medication each time you require it!



Study it & Record it! (100%me)

Save the unique reference number (URN) for your search

Enter the medication, dose, frequency of use & URN in your 100%me App in 'my medications'

STEP
03

Countries who comply with Global DRO:



STEP
04

If in doubt ASK!!

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STEP
05

