



NON-PRESCRIPTION DEVICES, DIAGNOSTICS

What are nonprescription devices, diagnostics?

Also called Over-the-Counter (OTC), can diagnose (test, screen, monitor), treat, prevent disease or other health conditions. They don't require a prescription to purchase and are generally low cost.

Using the **SAFEST BRAINS** guide, they can help you check, monitor, manage, and support health factors that are directly or indirectly related to brain health - at home, without a doctor visit. Some examples provided below

INFANTS

Thermometer,
Nasal aspirator, Pulse
Rate & Oxygen Saturation
Monitor, Nebulizer,
Humidifier, Hot & Cold
packs, Bandage, Band-
aid, Breast pumps

CHILDHOOD- ADOLESCENCE

Additional examples:
Toothbrush,
Orthopedic brace,
Crutch, Menstrual
product, Weight
scale

ADULTHOOD

Additional examples:
Reading glasses,
Breast pump, Hearing
Aids, Compression
stocking, Otoscope,
Defibrillator, Infusion
pump

ELDERLY

Additional examoles:
Walker, Cane, Shower
aid, Wheelchair,
Mobility scooter,
Transfer aid, Bed rail,
Medication reminder,
Medication dispenser

FDA DOES

Set standards for effectiveness, safety, usability, manufacturing quality, and, when applicable, software cybersecurity.

LABELS HELP YOU

Choose, use, maintain, understand the benefits - risks

General Benefit–Risk

BENEFITS

- No prescription needed
- Easy at home use
- Innovative digital technologies
- Early detection, monitoring conditions
- Device reliability supported by FDA standards

RISKS

- Incorrect selection
- Incorrect use, maintenance
- Possible side effects
- Home environment difficulties



MAKE THE RIGHT CHOICE

Select, use, maintain your device safely

READ THE LABEL

Check intended use, components, directions, warnings, power, connectivity, storage, expiration date.

USE IT CORRECTLY

Follow setup and test instructions.
Understand results, alarms, error messages, when to repeat test.

CARE FOR IT

Clean and maintain the device. Check your home environment, keep batteries or a backup plan ready.

Check with a doctor, pharmacist when needed

Home Use Checklist

- Confirm the package says “OTC” or “nonprescription” where applicable
- Keep instructions with the device and follow use directions exactly as described
- Follow cleaning and maintenance directions
- Keep small parts and batteries away from children and pets
- Ask your doctor about concerning results, do not change medication based on a home test without advice

IF YOU EXPERIENCE A HARMFUL EFFECT

STOP USING THE PRODUCT AND SEEK MEDICAL CARE

Report serious problems to the FDA. www.FDA.gov/MedWatch

Do your own Benefit/Risk before purchase

Learn more from Vysta website

Get a Vysta Personal Report

www.vysta.org/nonprescription-devices

