

**DID YOU
KNOW...**

**TAKING MEDICATIONS CAN BE
CONFUSING, BUT WE CAN HELP**



THERE'S A LOT TO THINK ABOUT WHEN GETTING A PRESCRIPTION.

So the next time you visit your doctor or pharmacist, take along this handy medication checklist. Be sure to go through it with your doctor or pharmacist so you have everything you need to know to take your medication correctly:

- + What is the medication for? What does it do?
- + How much do I take and how do I take it?
- + How often and when should I take it?
- + How long do I need to take it for?
- + Where should I keep it?
- + When will it start working? How should I expect to feel?
- + If I start feeling better, can I stop taking it?
- + Are there any side effects? What are they?
- + If I feel any side effects, should I tell someone?
- + Do I need to avoid any food, drinks, or activities?
- + Do I need to stop taking any other medications that I am also taking?
- + Can I take vitamins while I am taking it?
- + What should I do if I forget to take it?
- + What should I do if I accidentally take more than recommended?
Less than recommended?
- + Is there any other information about it that I can take home?
- + When I don't need to take it anymore, how should I dispose of any leftover?