



Do you know your medications?

Medications are an important part of managing certain diseases and conditions. If not taken correctly however, they can be less effective or even harmful. The following is a list of information you need to know about every drug you are taking. Answer each of the following questions for each drug you take. Ask your health care provider or pharmacist for help answering any questions you cannot answer.

- What is the name of the medication? (brand name and generic name)
- What is it for and what does it do? (For example, it is for hypertension and it lowers my blood pressure)
- What time(s) of the day should I take it and how many times in a day? (For example: morning, noon, night)
- How do I take it? (For example: by mouth, inhaled, injected)
- Should I take it with or without food?
- Are there any foods I need to avoid while taking this medication?
- What side effects should I expect? What should I do if I experience these side effects?
- How long do I need to take this medication? (For example, just until the bottle is empty or does it need to be refilled?)
- How should I store this medication?
- Will this medication interact with any over-the-counter drugs, herbal supplements, or other prescribed medications I take?

Be sure your health care provider has a complete list of all medications you take including over-the-counter drugs and any herbal supplements.

August 2016