

Know Your Medicines

When you get a prescription for a new medicine, ask your doctor or pharmacist these questions:

- Ⓢ What is the name of the medicine?
- Ⓢ Why do I need it?
- Ⓢ What time should I take it?
- Ⓢ How long should I take it?
- Ⓢ Are there any side effects?
- Ⓢ Could this medicine interact with other medicine that I'm taking, including non-prescription medicine or supplements?

Here are some tips that can help you keep track of your medicines.

- Ⓢ Keep a record of all your medicine, including non-prescription medicine and supplements.
- Ⓢ Write down the medicine's name, the dose you take, how often you take it, and the reason you're taking it.
- Ⓢ Take your medication record with you when you go to see your doctor or pharmacist and ask about possible drug reactions.
- Ⓢ Go through your medicines often. Check for prescriptions that are out of date.
- Ⓢ Talk to a member of your health care team before you change anything about the way you take your medicines.
- Ⓢ Use a pillbox to help you organize your medicines.
- Ⓢ Ask your pharmacist to put easy-to-open caps or large-print on labels on medicine bottles.

If you have additional questions, please call Three Rivers Family Medicine at 509-943-3196