

Speak up — Let your doctor and pharmacist know your complete medical history and any allergies or sensitivities you may have to medicine.

Ask questions — Use our suggested question guide below.

Find the facts — Learn as much about your medication as you can. Use your pharmacy, the manufacturer, the library, the bookstore or the Internet.

Evaluate the benefits and risks — with help from the members of your health care team.

Read the label.

SAFER medication use also means following directions. Read the label, take the recommended dose, and finish all medications as directed.

- What are the brand and generic names of the medicine? Can I use the generic form?
- What is the medicine for and what effect should I expect? Does this drug replace any other medicine I have been using?
- How and when will I use it, what amount will I use and for how long? What do I do if I miss a dose?
- Should I avoid any other medications (prescription or over-the-counter), dietary supplements, drinks, foods or activities while using this drug? Could there be interactions?
- When should I notice a difference or improvement: When should I report back to the doctor? Will I need to have any testing to monitor this drug's effects?
- What are the possible side effects? What do I do if a side effect occurs?
- What other medicines or therapies could be used to treat this condition? How do the risks and the benefits compare?
- How and where do I store this medicine? Where and how can I get written information about this medicine? What other sources of information can I use to make my decision?

My Medicines Journal



Use this journal to keep track of your medicines and share the information with your health care team



