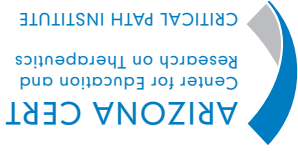


Questions to ask the doctor or pharmacist

- ▶ What is the name of the medicine and how do you spell it?
- ▶ What is the medicine for?
- ▶ How much medicine should I take?
- ▶ Is there a lower cost medicine that I can take?
- ▶ When and how should I take the medicine?
- ▶ What should I do if I forget to take the medicine?
- ▶ What should I do if I accidentally take more than the prescribed dose?
- ▶ Are there side effects I should know about?
- ▶ When should I call the doctor about a side effect?
- ▶ Does this drug interact with any other medicines I am taking?
- ▶ Can I take over-the-counter medicines, vitamins, supplements, and herbal with this medicine? What about alcohol?
- ▶ Do you have written instructions for me?



For more lists, visit
www.azcert.org

Developed by Arizona CERT,
US HHS Agency for Healthcare
Research and Quality



My Medicine List

- ▶ Use this list to keep track of all your **prescriptions, over-the-counter medicines and dietary supplements.**
- ▶ Keep your list up-to-date.
- ▶ Always carry your list with you.
- ▶ Show this list to your doctors and pharmacists at each visit and ask them to check for accuracy, unnecessary duplications or medicines that could interact to cause harm.



Medicines or foods to avoid due to allergies or side effects:

(relative or friend)

contact:

Emergency

Pharmacy phone:

Doctor:

Phone:

Name:

Birthdate:

