

# Take Good Care Of Your Health — Medicines

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Taking any medicine, whether it is a doctor's prescription or sold over the counter, can be harmful...so can taking medicine the wrong way or not taking it at all! Talk with your doctor, nurse, and pharmacist before taking a new medicine so you understand what the medicine does, how to take it, and what to do if there is a problem.

TELL the doctor, nurse, and pharmacist:

- Names and amounts of all your medicines
- Allergies or bad reactions to any medicines

ASK about any new medicines:

- What is the name of the medicine?
- How important is this medicine?
- What is the medicine supposed to do?
- How soon will it work?
- When should it be taken?
  - How many times a day?
  - How many days?
  - Do I need to wake up at night for a dose?
- How should it be taken? With foods?
- Is driving okay?
- What about the safety of alcohol use?
- How will it affect my other health problems or medicines?
- What are common side effects?
- Before taking the medication, read the pharmacy label and the medication package insert carefully. The side effects of the medicine are always listed.



REPORT how the medicine is working:

- Any side effects or problems.
- Any new symptoms, especially if you feel worse!



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