

# *It's Better to Ask*

## 14 Things You Must Know About Your Medications

It is very important to take your medications as your doctor has directed. Missing doses, not following the doctor's instructions or stopping your medications for a period of time can cause potentially serious effects on your health. Your doctor and pharmacist are there to help you. This list of questions is intended to assist you in learning all you can about your medications and to help you discuss any issues or concerns you may have about the medications you are taking with your team of health care professionals.

**Below are some questions you may ask your doctor or pharmacist if you don't already know the answers.**

 **What are the names of my medications (brand and generic names)?**

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 **Why do I need to take or use this medication? What exactly does it treat?  
Is it treating my symptoms, my condition or both?**

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 **Is this medication the only option I have to treat my condition? If not, what  
pharmaceutical and other alternatives are available to me?**

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 **How much of my medication should I take?**

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 **How often and at what times should I take or use my medication?**

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🌀 **For oral medications, should I take the medication on an empty or full stomach, with food or drink? For other types of medications, should I be aware of any special procedures regarding the administering of the drug?**

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🌀 **What precautions should I take while on this medication? For example, should I avoid certain foods, other medicines, sun exposure, driving, etc. while taking this medication?**

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🌀 **How long will it take for my medication to work once it has been administered?**

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🌀 **How long will the medication's benefits, relief or symptom control last?**

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🌀 **What should I do if I miss a dose of the medication? What about if I miss several doses?**

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🌀 **What side effects might I experience while taking this medication?**

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🌀 **What should I do if I experience side effects? At what point should I notify my doctor or pharmacist with concerns?**

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🌀 **How long will this supply of medication last? Are refills needed for on-going maintenance of my condition?**

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🌀 **How should my medication be stored?**

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## “Smarter is Better”

Often health plans offer savings opportunities for plan participants that utilize generic medications, 90-day medication supplies, mail order options and specialty pharmacy arrangements for certain types of medications. Check your health plan document for information on your specific prescription coverage. Your doctor can then assist you in writing a prescription to best meet your needs.

*\*This information is not intended to replace the advice of a physician. Check your health plan for specific coverages.*