

Ask^{your} Doctor #1

When Getting a Prescription.

When you are prescribed a new medication, ask your doctor or pharmacist the following questions:

- What is the name of the medicine? What is it supposed to do?
- Is it okay to substitute a less-expensive generic medicine for the name brand? Will it achieve the same effect?
- What is the dose of the medicine? Are there food, drinks, other medicines, or activities I should avoid while taking this medicine?
- What are the possible side effects of the medicine? What should I do if they occur?
- How many refills of this prescription can I get?
- What should I do if I miss a dose?
- What should I do if I accidentally take more than the recommended dose?
- Is there any written information I can take home with me? (Most pharmacies have information sheets that you can use as an at-home reference.)

When you pick up your medicine at the pharmacy, check to be sure it is the medicine you were prescribed by your doctor.

NOTE: Your medical care might come from a doctor, nurse, physician assistant, or another kind of clinician or health care practitioner. To keep it simple, in this document we use the term “doctor” to refer to any of these professionals with whom you might interact.

When your doctor prescribes a medication for you for the first time, make sure to tell him/ her the following:

- The names of all medicines you are currently taking, including both over-the-counter and prescription medication. It is important for your doctor to know this information in order to prescribe the medicine that will be the most helpful.
- Any concerns you have about using your medication.
- If you are allergic to any medication or have had troubling side effects from a medication that has been prescribed to you.

During your treatment, you should schedule a follow up visit to your physician in order to monitor your progress. Make sure to tell him or her:

- About any problems you are having with your prescription.
- About any side effects or problems you have had since starting to take the prescription.
- About any new prescriptions that another doctor may have given you and any over-the-counter medicines that you started taking since your last doctor's visit.
- How you are feeling since starting the medication.



*Labor and Management
working for*
· *Better Health*
· *Better Healthcare*
· *Better Value*

www.ihbaonline.org