Take Time to Ask!

Discuss the Benefits and Risks of Prescription Medicines

If you are one of the millions of Americans who takes a prescription medicine, ask yourself: **Do I fully understand the benefits and potential risks of the medicine I'm taking?** If your response is no**, Take Time to Ask!**

Here are four tips to guide your conversation with your healthcare provider:

1. Always ask questions about the benefits and potential risks of your prescription medicines.
2. Keep an accurate and up-to-date list of all of the medicines you are taking --- including over-the-counter medicines, vitamins, and dietary supplements – and show it to your healthcare provider at each appointment.
3. Tell your healthcare provider about any allergies or sensitivities you have.
4. Read and follow the medicine label and directions.

Better My Meds™

For more information, go to **BetterMyMeds.com or contact:**
Betty Chaffee, PharmD, at 734-649-2270

Before you take a prescription medicine, ask your healthcare provider the following questions.

1. What is the name of the medicine?

2. What is it for?

3. How and when should I take it? Is it just "as needed" or do I take it regularly every day?

4. How will I know if it's working?

5. What side effects or precautions should I watch for?

6. Will this medicine work safely with the other medicines I'm taking, including non-prescription medicines and vitamins?

7. Should I avoid any food, drinks, or activities when I'm taking this medicine?

8. How long do I need to take it?