

Know Your Medicines

Medicines can help you feel better. But if you take them the wrong way, they can actually make you feel worse.

If you take medicines prescribed by your doctor, *or* if you buy medicines “over the counter,” follow the guidelines on both sides of this card.

What you should know about each medicine you take:

- Name (generic and brand name)
- Reason for taking it
- How much to take
- How often to take it
- How long you should take it
- Possible side effects and what to do if you have them
- Special instructions (such as taking at bedtime or with meals)

Ask questions! Talk with your pharmacist or doctor if there is something you don't understand about your medicine.

(See other side for Medicine DOs and DON'Ts)

Medicine DOs and DON'Ts

DO

- Read the label carefully.
- Take your medicine exactly as your doctor tells you.
- Bring a list of your medicines each time you see your doctor.
- Ask your doctor to help you make a schedule so you know what medicine to take at what time of day.
- If you can, use one pharmacy for all your prescriptions. The pharmacist can help you keep track of what you're taking.
- Make sure your family or roommate knows what medicine you take and when you take it.

DON'T

- Combine prescription and over-the-counter medicines or nutrition supplements unless your doctor says it's okay.
- Stop taking a medicine or change how much or how often you take it without first talking to your doctor.
- Take someone else's medicine.

**Need more information?
Talk with your pharmacist
or doctor.**



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