

# Prescriptions

If a doctor wants to prescribe medication for you:

- Make sure you have told the doctor what other pills you are taking, even vitamins and herbs.
- Make sure the doctor knows if you have allergies.

(Source: [http://www.cal.org/caela/esl\\_resources/Health/healthindex.html#Dose](http://www.cal.org/caela/esl_resources/Health/healthindex.html#Dose))

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# When You Receive a Prescription...

- Ask questions if you are not sure of the medicine
- Ask the pharmacist to explain how, and how often, to take the medicine



# Questions to Ask

- How much do I take at one time?
- How many times do I take it in one day?
- Can I Take the Medicine on an Empty Stomach?
- Must I Finish the Medicine?
- Are there foods and drinks I should not have with this medication?
- Can I drink alcohol with this medication?



# Keep Dosage in Mind

- Tsp is Teaspoon (to stir tea or coffee)



- Tbsp is Tablespoon (to eat soup)



# Keep Dosage in Mind

- “Three times a day” means morning, afternoon and night (with breakfast, with lunch, with dinner)
- “Twice a day” means 6 AM/ 6 PM, or 7 AM/ 7 PM, or 8 AM / 8 PM

Suppose you needed medicine 4 times a day?



# Call Your Doctor If...

- You Experience Side Effects
- You Forget a Dose
- You Take Too Much Medicine



A pharmacist in a blue lab coat is shown in a pharmacy, holding a white pill bottle. The background is a blurred pharmacy aisle with shelves of medicine. The entire image has a dark blue overlay.

Don't Leave the Pharmacy Until You Can Answer These:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

# Seek a Pharmacist Who Will ...

- Allow you the time to make sure that you understand.
- Find ways to address your needs when speaking English is a problem.



# With or Without Prescriptions ...

... and in between checkups, there's lots of great health information available to you, and lots of things you can do every day to try to stay healthy!

To learn about them, click on the last presentation in this series.

