

EXPERT ADVICE

Ask the Pharmacist Questions you can't go wrong

Your pharmacist is the best source of information on how to get the most from your medicines. And here are some evergreen questions you can pose to your pharmacists during your next visit.

What is the name of the medication, and what is it supposed to do?

You should know the names of your medications, both prescription and nonprescription. Because you may see more than one doctor, you should always inform each doctor of all the medications you are taking. This will help ensure that the medication you take (prescription or non-prescription) is appropriate for your condition.

Should I avoid alcohol, any other medications, foods, or activities?

Your prescription and non-prescription medications may interact with other drugs causing a harmful effect. Certain foods or alcohol may also interact with drug products. Never begin taking a new medication, prescription or non-prescription, without asking your pharmacist if it will interact with alcohol, foods or other medicines. Some drug products can cause drowsiness and may affect activities such as driving.



When and how do I take it?

Taking your medication correctly is very important to ensure that it gives you the help you expect. Examples of questions you might ask are: Should I take this medication on an empty stomach or with food? How often should I take it? Do I take it at the same time every day?

How should I store my medications?

Medications may lose their effectiveness if stored incorrectly. The "medicine cabinet" in the bathroom is not a good place for storage because of the moisture and heat. Ask your pharmacist about the proper storage of all prescription and non-prescription medications.

What if I forget to take my medication?

Try to follow the directions as closely as possible. However, you occasionally may make mistakes or forget to take your medications. The decision to take a missed dose depends on the drug. Don't panic and take a double dose. Ask your pharmacist his or her advice when you have the prescription order dispensed. You should know the answer to this question before it happens. **OH!**

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A Pharmacy You Can Talk To