

●●● Questions for the Doctor, Pharmacist or Specialist

For every medicine, ask:

- The name of the medicine?
- What it does?
- How to take it?
- When to take it?
- How long to take it?
- Any special storage conditions?
- Possible side effects and what to do if they happen?
- What to do if a dose is missed?
- If alcohol is okay?
- If the medicine should be taken with meals?
- How to tell if it's working?
- If there are any special containers or packaging?
- How to dispose of or throw away old medicine?
- If there are any pamphlets or other information you can take to read later?

Other points to remember:

- Try to get written instructions in the person's own language, so he or she can understand better.
- Review medicines and instructions with every doctor's visit or prescription refill.
- Make sure the doctor and pharmacist know about any other medicine the person is taking that they did not give the person themselves (like medicine from a specialist, or vitamins and herbs).
- If the person is embarrassed or shy, prepare questions together, then you can ask them.