

EDUCATE *before* YOU MEDICATE

The NCPIE
Coalition—working
together to promote
safe medicine use

10 Ways To Become Medicine Smart

(NAPSA)—A recent report from the Institute of Medicine concludes that there are at least 1.5 million preventable adverse drug events in the United States each year.

To help you become Medicine Smart™, here are 10 important questions from the National Council on Patient Information and Education (NCPIE) to help you get the information you need to use medicines appropriately. Be sure to ask your healthcare professional these questions whenever medicines are part of your treatment plan.

1. What is the name of the medicine and what is it for? Is this the brand name or the generic name?

2. Is a generic version of this medicine available?

3. How and when do I take it and for how long?

4. What foods, drinks, other medicines, dietary supplements or activities should I avoid while taking this medicine?

5. When should I expect the medicine to begin to work, and how will I know if it is working? Are there any tests required with this medicine (for example, to check liver or kidney function)?

6. Are there any side effects? What are they and what do I do if they occur?

7. Will this medicine work safely with the other prescription and nonprescription medicines I am taking? Will it work safely with any dietary/herbal supplements I am taking?



8. Do I need to get a refill? When?

9. How should I store this medicine?

10. Is there any written information available about the medicine? Is it available in large print or a language other than English?

You should keep and share an updated medicine list at every medical visit. And remember, when medicines are prescribed, tell your healthcare professionals the following:

- All your medical conditions and the names of doctors providing treatment

- The names of all medicines and other products you are taking, including prescription and non-prescription medicines, dietary supplements/herbal remedies, vitamins or minerals

- Any problems you are having with your medicines

- The medicines to which you are allergic

- If you are or might be pregnant.

For more information, visit www.talkaboutrx.org or www.ncpie.net.