

Over-the-Counter Medicines

(check all that you use regularly):

- Allergy Relief Medicine
- Antacids
- Aspirin/Other Pain, Headache
or Fever Medicine
- Cold Medicine
- Cough Medicine
- Diet pills
- Laxatives
- Herbal Supplements
- Sleeping Pills
- Vitamins
- Others (list below)

Remember to ask

**your pharmacists, doctors or other
other health care providers:**

- 1** What is the name of the medicine and what is it supposed to do?
- 2** Is this the brand name or generic name? How and when do I take it and for how long?
- 3** Are any monitoring tests required with this medicine (for example, to check liver or kidney functions)?
- 4** What foods, drinks, other medicines or activities should I avoid while taking this medicine?
- 5** What are the possible side effects, and what do I do if they occur?
- 6** Will this new prescription work safely with the other prescription and non-prescription medicines I am taking?
- 7** Is there any written information available about the medicine? (Is it available in large print, or in a language other than English?)

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YOU MEDICATE
knowledge is the best medicine

Medication Wallet Card

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