

Let's Talk About **Medicines**



wisconsin
**health
literacy**

A division of Wisconsin Literacy, Inc.

Types of Medicine

1. Pill



2. Liquid



3. Lozenge



4. Inhaler



5. Eye Drops



6. Nasal (nose) Spray



7. Patch



8. Cream, gel or ointment



9. Injection (shot)



Types of Bottles



Child-Proof Caps



Snap or Twist-On Caps

How to Store Medicine

- **Keep medicines in a cool, dry place, away from light.**
Heat, moisture and light might make a medicine not work as well. After getting a pill, put the cap back on the bottle. It is important to keep medicine out of the bathroom or over the stove as heat, steam or water could ruin it.
- **Some medicines should be stored in the refrigerator.**
Put medicines in the refrigerator only if the label tells you to. Freezing can ruin some medicines so remember to keep medicines out of the freezer.
- **Keep medicines out of your car.** Hot or freezing temperatures can ruin medicines.

Prescription Medicine Labels

Rx Hometown Pharmacy (800) 555-5555
 123 MAIN STREET
 ANYTOWN, WI 22222

DR. M. MARTIN
 No. 0289203-01012 DATE 02/19/16

YOUR NAME
 631 RIVERSIDE DRIVE, ANYTOWN, WI 22222

TAKE 1 TABLET BY MOUTH EVERY 12 HOURS

NAPROXEN 500MG TABLETS

QTY 60 USE BEFORE 09/26/16

1 REFILL **Label #1**

Ask your pharmacist any questions including what time(s) of day to take your medicine.

Rx Hometown Pharmacy (800) 555-5555
 123 MAIN STREET
 ANYTOWN, WI 22222

DR. T. JEFFERSON
 No. 0070823-05439 DATE 03/14/16

YOUR NAME
 567 SUNNY STREET, ANYTOWN, WI 22222

TAKE 2 CAPSULES 3 TIMES DAILY FOR 7 DAYS

AMOXICILLIN 250MG CAPSULES

QTY 42 USE BEFORE 12/01/16

2 REFILLS **Label #2**

1. How many times a day do you need to take this prescription medicine?
2. How many pills do you need to take at a time?
3. How many refills can you get?

Label 1

Label 2

Label 2 Answers: 1. 3; 2. 2; 3. 2

Label 1 Answers: 1. 2; 2. 1; 3. 1

When should you take your medicine?

Your prescription label tells you how to take your medicine.

But you may not know when to take the medicine. That can be confusing.

Here are a few examples:



Taking your medicine at the wrong time of day can be dangerous or make your medicine not work as well.

Ask your doctor or pharmacist if you're not sure when to take the medicine.

1. When do you need to take the prescription in Label #3? _____
2. When do you need to take the prescription in Label #4? _____

Label 4 Answer: Ask your pharmacist

Label 3 Answer: Ask your pharmacist

Prescription Medicine Labels

Special Instructions

Always read and follow the special instructions. These may be on the label or a sticker on the bottle. These are a few examples:



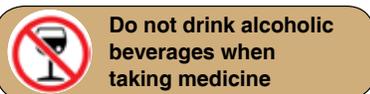
This helps make the medicine work right and prevents side effects.



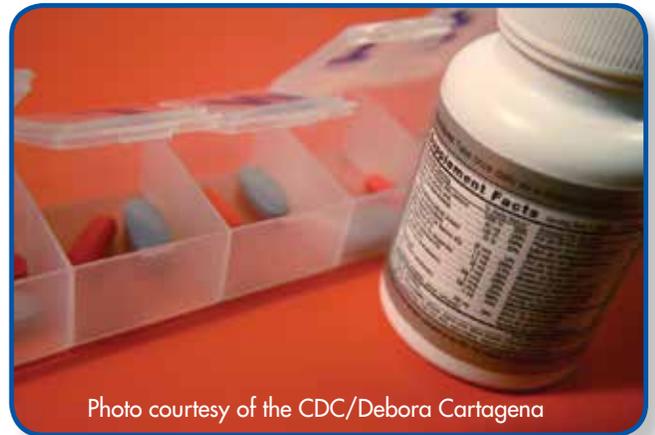
May make you sleepy or dizzy. Do not drive or use dangerous machines.



This mixes it so you get all of the medicine you need.



Taking alcohol and medicine together can be very dangerous and make you feel worse.



Over-the-counter medicine use

You can buy some medicines without a prescription. These are called over-the-counter medicines.

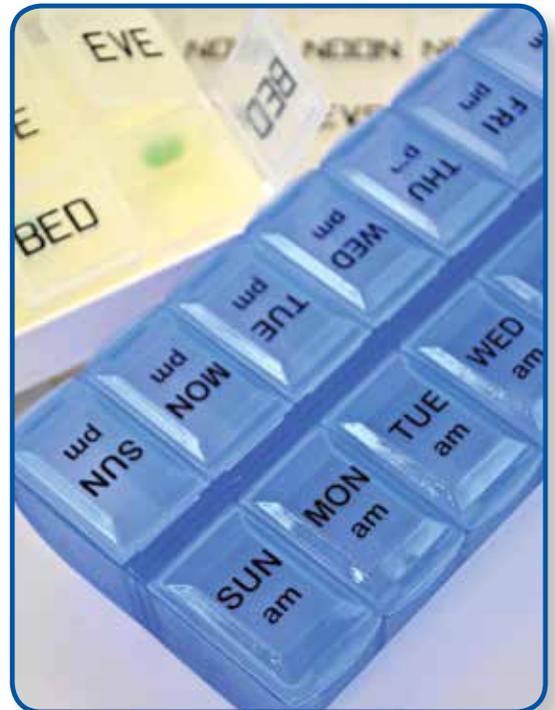
If you take over-the-counter medicines, you should:

1. Talk to your doctor or pharmacist first. It can be dangerous to take medicines together.
2. Make a list of all the medicines you are taking. Show it to your doctor or pharmacist who can tell you if it is safe to take them together.

Medicine Reminders

Remembering to take medicine

- **Use a pill box.** Put your medicines in a box for each day of the week or for the time of day you should take them.
- **Make a medicine checklist.**
Make a daily or weekly medicine checklist and keep it someplace where you will see it.
- **Set a daily routine.** Take your medications about the same time everyday. Ask your doctor or pharmacist what to do if you miss a dose.
- **Leave your medicine where you can see it.**
Keep your medicine out of the reach of children and pets.



**Ask your pharmacist for help.
Your pharmacist may suggest tips
to help you remember.**

Let's talk!

Questions? It's okay!

Lots of people have questions about medicines. Talk to your pharmacist. He or she wants you to ask! Here are some questions you may want to ask your pharmacist:

- Should I take my medicine with food?
- What should I do if I forget to take my medicine?
- Can I take smaller doses of my medicine to make it last longer?
- Can I stop taking my medicine if I feel better?
- Can I take a generic medicine? Is it as good as a brand name?
- What do I do if my medicine makes me feel more sick?
- It is hard for me to open bottles. What do I do?

**What other questions do you have?
Ask your pharmacist.**



A division of Wisconsin Literacy, Inc.

211 S. Paterson St., Suite 260 • Madison, WI 53703 • 608.257.1655

WisconsinHealthLiteracy.org • Like us on Facebook

This project was developed with support from Security Health Plan and the Wisconsin Medical Society Foundation