

Let's Talk About **Medicines**



Supported by a grant from the Wisconsin Department of Health Services
Minority Health Program



A division of Wisconsin Literacy, Inc.

What is a pharmacy?

A pharmacy is a place where you get your medicine. A pharmacy may be in a store, a part of a store, or in a hospital. Or it can be its own store.



What is a pharmacist?

A pharmacist is the person who prepares and hands you the medicine that your doctor prescribed for you.

What does a doctor do?

A doctor is the person you see for most of your health care. If the doctor thinks you need medicine, he or she will give you a prescription to take to the pharmacist.

What is a prescription?

To get most medicines, you need a prescription. A prescription is a written message from your doctor. It tells the pharmacist what medicine you need. You may take the prescription to the pharmacist or the doctor will email it to them.

Questions? It's okay!

Lots of people have questions about medicines. Talk to your pharmacist. He or she wants you to ask! If you need an interpreter, ask the pharmacist.

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)



Prescription Medicine Labels

What are the parts of the label?

1. Pharmacy name and address
2. Doctor's name
3. Pharmacy phone number
4. Date prescription filled
5. Code used to scan for refills
6. Date it expires
7. Number of refills
8. Name and strength of drug
9. Instructions
10. Your name
11. Prescription number
12. Quantity



Example of a confusing label

When to take your medicine:

Your prescription label tells you how to take your medicine. But you may not know when to take it.

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 are not sure when to take the medicine.



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

DR. T. JEFFERSON

No. 0070823-05439

DATE 02/15/16

YOUR NAME

567 SUNNY STREET, ANYTOWN, WI 33333

TAKE 2 CAPSULES 3 TIMES DAILY FOR 7 DAYS

AMOXICILLIN 250MG CAPSULES

QTY 42

EXPIRES 06/30/17

2 REFILLS



Answers: 1. 2; 2. Ask your pharmacist; 3. 2; 4. 6/30/17

Let's practice

1. How many pills do you need to take at one time?

2. When should you take this medicine?

3. How many refills can you get?

4. When do you need to use this medicine by?

Special Instructions

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



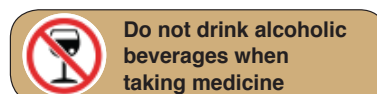
This helps make the medicine work right and prevents side effects.



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



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



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

Prescription Medicine Labels

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.
3. You will have to pay for any over-the-counter medicines you need.
4. You cannot give some medicines to children. Or the amount you can give them may be different. Be sure to read the label or ask your pharmacist if you have any questions.

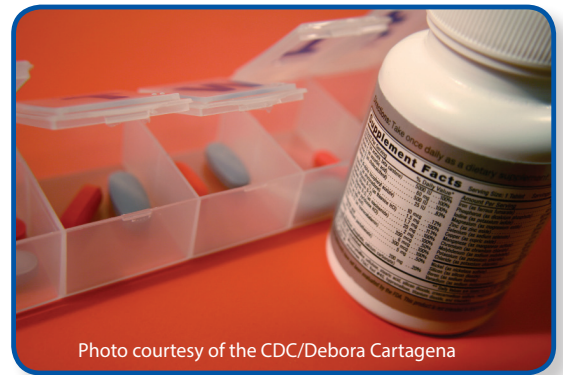


Photo courtesy of the CDC/Debora Cartagena



Herbals, plants and other cures

Talk to your doctor or pharmacist before taking these medicines as well. It can be dangerous to take these with your other medicines.

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. It is important to keep medicine out of the bathroom or over the stove as heat, steam or water could ruin it.
- **After getting a pill, put the cap back on the bottle.**
- **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. Keep medicines out of the freezer.
- **Keep medicines out of your car.** Hot or freezing temperatures can ruin medicines.

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.**
But keep your medicine out of the reach of children and pets.



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