

8 Questions to Ask About Your Medications

About 30 to 50 percent of people don't use medications as directed, and confusion is often the reason. However, getting all your questions answered helps ensure that you'll take medications correctly. Ask your doctor or pharmacist these eight questions about any medication you're taking or are prescribed:

1. What is the medicine's name and dosage?

2. Why am I taking this medication?

3. Will this medicine interact with other medications or over-the-counter drugs that I'm taking?

4. Is there a generic equivalent or over-the-counter alternative available?

5. Should I take this on an empty stomach or with food?

6. What foods or drinks should I avoid while taking this medication?

7. How much should I take, when should I take it, and for how long?

8. Are there problems/side effects that I should watch for?

