

Top medication questions

Whenever you're starting a new medication, take a moment to reflect: Is there something else you're taking that it's time to stop? **At least once a year, check in and make sure your current meds are still relevant for you.**

Use these critical questions next time you speak with your health care provider.

1. Is my medicine still doing what it's supposed to do?
2. Am I taking anything (prescription, supplements, over-the-counter meds) that could have a negative effect on my health — either on their own or taken together? *(Don't forget to write down every single thing you put in your body other than food.)*
3. Are any of my medications treating side effects of other medications I'm taking (and can it be avoided)?
4. Should my meds dosage or type change because of recent changes to my body or my health habits?
5. Am I taking medicines that I don't need anymore?

When you are given a prescription for the first time

Use this guide when speaking with your health care provider. Take notes in the space provided.

» **What is the name of the medicine?**

» **Why am I taking this medicine?**

» **How am I supposed to take the medication so it works best?**

» **How long will it take to work, and how will I know it's working?**

» **Does it matter how I store the medicine?**

» **Will the medicine create conflicts with other medicines, including supplements and over-the-counter meds?**

» **What side effects might I expect? Should I report them?**

» **Are there any changes to the foods I eat or drink, or my alcohol consumption while taking this med?**

If you're not confident about the answers to any of these questions, ask your health care provider about alternatives. Many times, there are different options available.