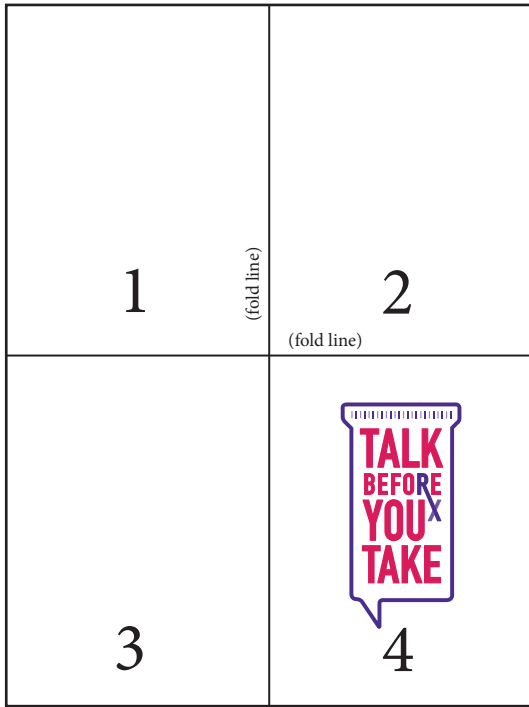
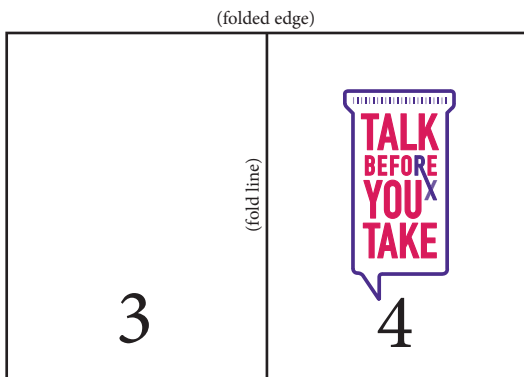




Create your own **Talk Before You Take** pocket guide.



Step 1: Print out the Pocket Guide PDF on 8-1/2" x 11" paper. Hold the page so the large logo is on the lower right (as shown). This is the front of the guide.



Step 2: Fold the sheet in half so that the top edge meets the bottom edge.



Step 3: Fold the sheet in half again so that the left edge meets the right edge.

Before you take a prescription medicine, ask your healthcare provider the following questions. It's also helpful to keep an up-to-date list of all medicines you're taking.

1. What's the name of the medicine, and what is it for?

2. How and when do I take it, and for how long?

3. What side effects should I expect, and what should I do about them?

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

5. Should I avoid any activities, foods, drinks, alcohol, or other medicines while taking this prescription?

Always follow up with your healthcare provider if you still have questions or concerns about your medicine.

10. Is there any additional written information I should read about the medicine?

9. How should I store this medicine?

8. When should I expect the medicine to begin to work, and how will I know if it's working?

7. Will this medicine work safely with any other medicines I'm taking, including over-the-counter medicines?

6. If it's a once-a-day dose, is it best to take it in the morning or evening?

If you are one of the millions of Americans who takes a prescription medicine, ask yourself: **Do I fully understand the benefits and potential risks of the medicines I'm taking?** If your response is no, take the time to **Talk Before You Take**.

Here are four tips to guide your conversation with your healthcare provider:

1. Talk to your healthcare provider and ask questions about the benefits and potential risks of prescription medicines you take.
2. Tell your healthcare provider about all of the medicines you are taking—including over-the-counter medicines, vitamins, and dietary supplements.
3. Tell your healthcare provider about any allergies or sensitivities that you may have.
4. Read and follow the medicine label and directions.

For more information, visit TalkBeforeYouTake.org.



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Discuss the Benefits and Risks of Prescription Medicines