

**For more information please visit:**

<http://www.fda.gov/womens>

<http://www.taketimetocare/mymeds.html>

<http://www.healthyroadsmedia.org>



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## **Taking Your Medicine Correctly**



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*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

When you are sick, a doctor will give you medicine to help you get better. It is important to understand how, why, and how much you should take it.

### **DO I NEED MEDICINE?**

The doctor will decide if you need medicine for your illness. If you need medicine, the doctor will give you a prescription so that you can buy the proper medicine. The doctor may not always write you a prescription; sometimes medicine is not needed.

### **WHAT DO I TELL MY DOCTOR?**

Be sure to tell the doctor how and where you feel bad. The doctor needs the information to be able to get the proper medicine for you. Tell your doctor about everything you are taking before he gives you the prescription. If you feel any medicine is making you sick, call your doctor immediately.

### **WHAT ARE THE DIFFERENT TYPES OF MEDICINE?**

There are two different types of medicine:

*Prescription medicine* is when the doctor writes the name of the medicine needed on prescription paper to take to the pharmacist. Afterwards, you pick up the medicine at your local pharmacy.

*Over-the-Counter medicine* is medicine you can buy without a doctor's prescription. You can buy this at your local pharmacy on the store

shelves. For a refill, bring the empty bottle with you to the pharmacy so you get the right kind of medicine.

### **CAN I ASK THE DOCTOR QUESTIONS?**

Do not be afraid to ask your doctor questions. If you follow the doctor's instructions, you should feel better. If not, go back and talk to the doctor again.

What should I ask my doctor?

*What is the name of the medicine?*

*How many days should I take it?*

*Why should I take this medicine?*

*Should I take this medicine with or without food?*

*Can I drink alcohol with this medicine?*

*If I forget to take my medicine, what do I do?*

*What should I do if the medicine makes me sick?*

*Can I stop taking the medicine if I feel better?*

### **WHAT IF I CANNOT READ THE LABEL?**

It is important to read the label carefully. If you cannot read the label on your medicine bottle, ask someone who reads English very well to translate for you.

### **WHAT IF I TAKE MEDICINE FROM MY HOME COUNTRY?**

While you may feel comfortable or more familiar with the medicine from home, this might not help your sickness. If mixed with Western medicine, it could make you feel worse. When talking to your doctor, discuss the medicine you have and ask if you can take it with the new medicine that has been prescribed to you. If your doctor tells you to only use the prescribed medications, you must stop what you have been taking.

### **WHAT ARE SOME OF THE THINGS I SHOULDN'T DO WHEN TAKING MEDICINE?**

Do not share your prescribed medicine with others. Take your medicine for as long as the doctor says, even if you feel better. Do not keep medicine in hot, cold, or wet areas as they can affect how the medicine works. Keep your medicine away from children.

### **HOW DO I KNOW THE DOCTOR IS NOT TRYING TO SELL ME MEDICINE?**

In the United States, doctors do not make money from the medicine they prescribe. If a doctor wants you to take medicine, it is not because he wants to sell it to you. Your doctor wants you to get well and would only give a prescription if you need it.