

- When should I notice a difference or improvement? When should I speak with the doctor? Will I need to have any testing to monitor this medicine's effectiveness?
- What are the possible side effects? What do I do if a side effect occurs?
- What other medicines or therapies could be used to treat this condition? How do the risks and the benefits compare?
- How and where should I safely store this medicine? Where and how can I get written information about this medicine? What other sources of information can I use to make my decision?

For more information, visit www.fda.gov/drugs, call 1-888-INFO-FDA, or go to www.KnowYourOTCs.org

Speak-up – Let your doctor and pharmacist know your complete medical history, all the medicines you are taking, and any allergies or sensitivities you may have.

Ask questions – Use our suggested question guide.

Find the facts – Learn as much about your medicine as you can. Use your pharmacy, the manufacturer, the library, the bookstore, or trustworthy Internet sites as resources.

Evaluate the benefits and risks. Ask the members of your healthcare team for help.

Read the label.

My Medicines



U.S. Department of Health and Human Services
Food and Drug Administration
Center for Drug Evaluation and Research



**CHPA EDUCATIONAL
FOUNDATION**

THE FINAL CHOICE IS YOURS!

Use this question guide to gather the information you need to know from your healthcare professional.

- What is the active ingredient? What should I be aware of?
- What is the medicine for and what effect should I expect? Does this medicine replace any other medicine I have been using?
- How and when will I use it, what amount will I use, and for how long will I use it? What do I do if I miss a dose?
- To prevent interactions, should I avoid any other medicines (prescription or over-the-counter), dietary supplements, drinks, foods, or activities while using this medicine?