

# 5 things to **KNOW** about your prescription

## 1 **KNOW** how often and when to take your medication

- Take once a day = usually at the same time daily (e.g., every morning)
- Take twice a day (BID) = morning and evening
- Take three times a day (TID) = morning, midday, evening
- Take every 4 hours / 6 hours / 8 hours = space evenly, as directed, through the day
- Take at bedtime = just before you sleep

Tip: Set a phone alarm or use a pillbox to stay on track!

## 2 **KNOW** if you need to take your medication with or without food

Some medications work better on a full or empty stomach:

- **Take with food** if it causes nausea
- **Take on an empty stomach** (usually one hour before or two hours after eating)
- **Drink with a full glass of water** to help it go down and absorb
- **Avoid grapefruit** with certain prescriptions

→  
Over please

### 3 **KNOW** what "as needed" means

Medications that says "take as needed" (like for pain, allergies, or anxiety) should only be taken:

- When you **feel** pain
- When you **have** allergies
- When you **feel** anxious
  - Don't take more just because it "doesn't feel like it's working yet."
  - Don't take more because "it's been a while"
  - Don't take more than the daily limit
  - Don't take more than your doctor said you can take in one day

Example: If it says, "take 1 pill every 6 hours as needed for pain," and you're not in pain, you do not need to take it.

### 4 **KNOW** the warnings and side effects

Some medications come with "extras":

- May make you sleepy – don't drive or use machinery
- No alcohol – can be dangerous with some medications
- Don't mix with other medications unless your doctor says it's okay
- Finish all doses – especially antibiotics, even if you feel better

### 5 **KNOW** when to ask questions

It's always okay to speak up and ask your care team if:

- You miss a dose
- You're taking other medications or vitamins
- You don't know when it should start working
- You notice side effects

When in doubt, ask your nurse, pharmacist, or provider.

We want you to build a great partnership with your providers and to **Be in the KNOW** about your health!

Brought to you through our partnering organizations

