

Understand Your Medications

Your doctor may prescribe medications for a condition. Make sure you know the name of the drug and understand why it has been prescribed for you. Then, ask the following questions to understand what to expect and how to correctly take the medication. A pharmacist can also help answer these questions.

Questions to ask about your medications:

- What are the common side effects? What should I pay attention to?
- When will the medicine begin to work?
- What should I do if I miss a dose?
- Should I take it at meals or between meals? Do I need to drink a whole glass of water with it?
- Are there foods, drugs, or activities I should avoid while taking this medication?
- Will I need a refill? How do I arrange that?

Common Abbreviations for Prescriptions

Doctors and pharmacists often use abbreviations or terms that may not be familiar. Here is an explanation of some of the most common abbreviations you will see on the labels of your prescription medications.

Abbreviation	Explanation
p.r.n.	as needed
q.d.	every day
b.i.d.	twice a day
t.i.d.	three times a day
q.i.d.	four times a day
a.c.	before meals
p.c.	after meals
h.s.	at bedtime
p.o.	by mouth
ea.	each

