

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

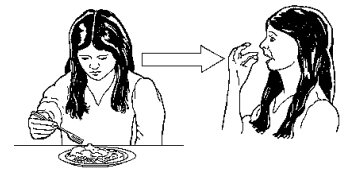
# About Taking Medicine

You play an important part in your health care. Since you are in charge of your medicines, you need to understand them. Medicines work best if you take them correctly. Your doctor, nurse or pharmacist can tell you about your medicines.

For every medicine you take, know the answers to these questions:

## What medicine?

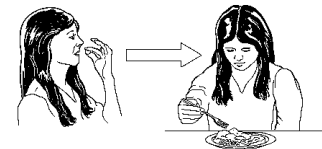
- Why am I taking this medicine?
- What is the name of my medicine? What are the other names for this medicine?
- What is the strength of this medicine?



**Take after meals.**  
or

## How to take the medicine?

- When should I take this medicine?
- How much of this medicine do I take?
- If it is liquid medicine, how do I measure it?
- Should I take my medicine with food?  
Between meals?
- Are there certain foods I shouldn't eat when I take this medicine? Foods I should eat?
- Are there certain medicines or drugs I shouldn't take while I am taking this medicine?



**Take before meals.**  
or



**Don't take with food.**

## More about the medicine

- Where should I keep this medicine?  
In the bathroom? In the refrigerator?
- What should I do if I miss a dose of this medicine?

- What are the side effects of this medicine?
- When should I call the doctor?
- When should I stop taking this medicine?
- Can I refill this medicine? How many times?



**When should I call the doctor?**

### Things to Know:

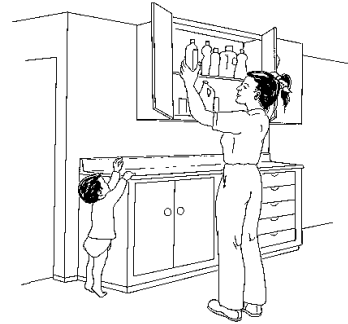
- When you get your prescription filled, your pharmacist will tell you the name of the medicine, how to take it and special things you need to know about the medicine.
- If you have any questions or concerns about your medicine, call your doctor or pharmacist.
- Get the medicine and start taking it as you were told to.
- Keep your medicine in the container it comes in.
- Read the label. Take your medicine the way your doctor says. If you don't understand, ask.
- If you cannot take your medicine the way the doctor says, tell your doctor right away. For example, if your medicine comes as pills and you have trouble swallowing them, tell your doctor. The medicine may come as a liquid, too.
- If you have any side effects, tell your doctor.
- If you feel better and are thinking about stopping the medicine, talk to your doctor first. You may need to keep taking the medicine to get well or stay well.
- Never take any medicine that is not prescribed for you.  
Do not share your medicine with others.
- Do not save leftover medicine. For pills, put some water in the pill container, put it in a plastic bag, and throw it in the garbage. For liquid, put some cat litter or coffee grounds in the bottle, put it in a plastic bag, and throw it in the garbage. If you have any questions, ask your doctor or pharmacist.
- Do not take medicine that is:
  - out of date or
  - if not dated and is over a year old.
- A doctor needs to prescribe the right medicine for your illness in the right amount. Even if the leftover medicine is the right one, it may be too old or you may have too little left for it to work well. You could get sicker.
- Keep all medicine out of reach of children.



**If you have any concerns about the medicine, tell your doctor.**

## Now that you've read this:

- Tell your nurse or doctor what you need to know about each medicine you give your child. (Check when done.)
- Tell your nurse or doctor what you would do if you have any questions or concerns about a medicine. (Check when done.)



**Keep all medicine  
out of reach of  
children.**



If you have any questions or concerns,

- call your child's doctor or
- call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
Facebook: [facebook.com/theemilycenter](https://facebook.com/theemilycenter)  
Twitter: [@emilycenter](https://twitter.com/emilycenter)  
Pinterest: [pinterest.com/emilycenter](https://pinterest.com/emilycenter)

#### Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

#24 • Written by Fran London, MS, RN • Illustrated by Dennis Swain  
This handout is also available in Spanish as #352/24s.