

# Go Ahead, Ask Your Doctor

You've just been handed a prescription. You start to look forward to better health. But what do you know about that drug? Do you understand what it is meant to do? Do you know how to take it? Medicines can have some side effects, and they have to be taken correctly. So, be sure to read instructions carefully, and don't hesitate to ask your doctor about:

- **When to take the medicine.**

Some drugs should be taken on full stomachs, some on empty stomachs, some in the morning, some before going to bed.

- **How to take the medicine and how much.**

With water, with milk or without anything? Should the dose be one or

two spoonfuls or what?

- **What not to take with the medicine.**

Some medicines don't mix with alcohol, others shouldn't be mixed with other drugs.

- **What side effects the drugs can cause.**

Medicines may produce a variety of other reactions. Not all people will have the same side effects but you should know what the possibilities are.

There are many sources of information about prescription drugs. Ask your doctor or pharmacist.

*A message from the Food and Drug Administration. For more material about being an informed patient, write to: FDA, HFE-88, Rockville, Md. 20857.*