

### Key Messages

#### Generation Rx: Getting the Best Results from Your Medications

The prescribing of medications is the most common type of medical treatment in the United States, and pharmacists dispense approximately 4 billion prescriptions each year. The medications are helping us live longer and healthier lives, but they can also produce harmful effects.

*There are a few simple things you can do to stay on the road to good health:*

**Your Medication Map** – follow directions carefully

- Stopping your medication on your own can be harmful
- Ask for help if having trouble remembering your medications

**The Prescription Label** – a road sign to guide you

**Stay on the Right Path** – don't let non-prescription products detour your journey

- Ask about possible drug interactions

**Your Personal Medication GPS** – keep a record of your medications

- Keeping an updated medication list with you at all times

**Ask for Directions** – learn about your medications

**Having Problems?** – could your medicines be taking you down the wrong path?

**Can't Afford Your Medications?** - how can you continue on your journey to good health?

**Let's Talk!** – share the details of your health journey

**Avoid Possible Pot Holes!** – safely dispose of medications

**Control Your Health** – take the wheel

**Suggestions for questions you may wish to ask your pharmacist:**

*What is the best time of day to take the medication?*

*Is it safe to crush or split the medication?*

*Should I take it with or without food?*

*What side effects most commonly occur?*

*What should I do if I forget to take a dose?*

**“Why do I start feeling differently soon after taking my medications?”**

· *Starting a new prescription or non-prescription medication*

· *A change in medication dose*

· *A change in the way you are taking medication*

· *Drinking an alcoholic beverage*

· *A change in diet*

**Take action and contact your doctor or pharmacist.**

### Where can I learn more?

National Library of Medicine and National Institute of Health website providing easy to understand information about all types of medications

[www.nlm.nih.gov/medlineplus/druginformation.html](http://www.nlm.nih.gov/medlineplus/druginformation.html)

National Center for Complementary and Alternative Medicine

[www.nccam.nih.gov](http://www.nccam.nih.gov)

Website created by the National Consumer League to help consumers adhere to their medications

[www.ScriptYourFuture.com](http://www.ScriptYourFuture.com)

Resources from the Federal Drug Administration on safe use of medications

[www.fda.gov/ForConsumers/ConsumerUpdates/ucm261175.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm261175.htm)

Affording Medications Websites

[www.rxassist.org](http://www.rxassist.org)

[www.needymeds.org](http://www.needymeds.org)

[www.benefitscheckup.org](http://www.benefitscheckup.org)

[www.goodrx.com](http://www.goodrx.com)