

Prescription Medication: What You Need to Know



What is a prescription?

A prescription is the special permission you get from a doctor to buy certain medicines. You get these medicines from a pharmacist. A pharmacist is a health professional who is specially trained to prepare and give out medicine. The prescription tells your pharmacist how much of the medicine you need and how you are supposed to take it.

How do I get a prescription?



A prescription must be written by your doctor first. Your doctor will either:

- Give you a written prescription that you will have to take to your pharmacy (where the pharmacist works)
- Send the prescription to the pharmacy electronically (by fax or computer)

If you have insurance, you may need to go to a specific pharmacy to get your prescriptions. If so, your HR department can tell you which pharmacy to use.

What will happen when I go get my filled prescription?



It may take some time for the pharmacy to get your prescription ready. You may have to wait at the pharmacy for a while, or come back to pick it up at a later time.

When you pick up your prescription, bring your:

Insurance card



Photo ID



A way to pay for it



Before you leave the pharmacy, make sure you know:

- The name of your medicine
- How often to take the medicine
- What the medicine is for
- What side effects to expect
- How to take the medicine
- When to call your doctor

How to get more medication

If your prescription is about to run out, you may be able to get more. This is called a **refill**.



Plan ahead. When your medication bottle is almost empty, it's time to get more medication



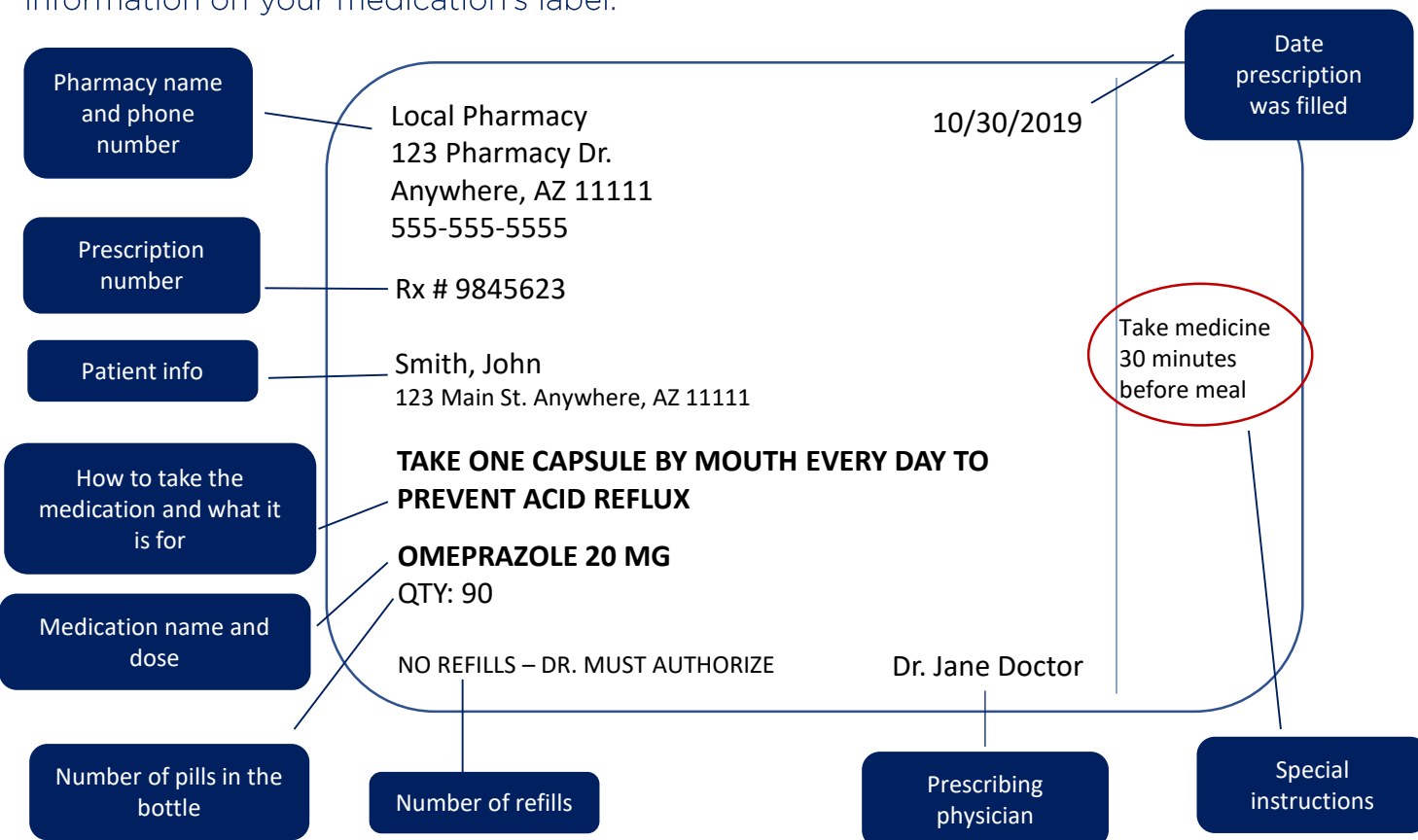
Check the medication label to see if you have any refills (see the other side of this handout to learn how to check if you have refills)



If you have refills left, call or go to the pharmacy to get more medication. Call your doctor's office if you are out of refills.

What Does My Prescription Medicine Label Tell Me?

Medicine can help you improve your health, but you must take them correctly. Consult your doctor and pharmacist about any medications you are prescribed, and look for important information on your medication's label.



How Do I Take My Medication Safely?



Read the medication information sheet from the pharmacy



Take your medication as prescribed. Do not skip or double up on doses unless instructed by your doctor.



Know the possible side effects of the medication



Talk with your pharmacist about any questions you have about your medications



Call your doctor's office if you have side effects that bother you

Remember!

- Talk to your doctor or pharmacist to make sure you are taking your medicine the right way
- Ask your pharmacist any questions you have about any of your medicines
- Know the possible side effects of your medicine, and let your doctor know if they are bothering you
- Think ahead about prescription refills
- If you have questions about how much your prescription medicine costs, contact:
 - Tyson Human Resource Department
 - Your insurance company