

How to Talk to Your Pharmacist

HANDBOOK



Your P.I.L.L. for Medicine Conversations



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How to Talk to Your Pharmacist

HANDBOOK

How to use this handbook:

-  Use the **P.I.L.L. Method** to help you remember each step in this book.
 -  Take notes and check the boxes as you go.
 -  Take this booklet with you to the pharmacy.
 -  Keep this booklet as a guide for future pharmacy visits.
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What is the P.I.L.L. Method?

P - Purpose

Why am I taking this medicine?

I - Instructions

How do I use this medicine?

L- Look For

What should I expect?

L - Long-term Use

What should I know about using this medicine safely and properly over time?

**Your guide to safer, smarter
medicine conversations.**



Purpose

Why am I taking this medicine?

- What is this medicine for?
- How will I know if it is working?
- What should it help me feel, do, or prevent?
- When should I expect to see that it is working?

About my prescribed medicine:

Medicine Name and Dose:

What it is for:

What to expect:



Instructions

How do I use this medicine?

- How much should I take?
- When & how often should I take it?
- Do I take it with or without food or avoid certain food or drinks?
- What should I do if I miss a dose?
- How do I store this medicine?
- Are there any special instructions?

My medicine instructions:

Medicine: _____

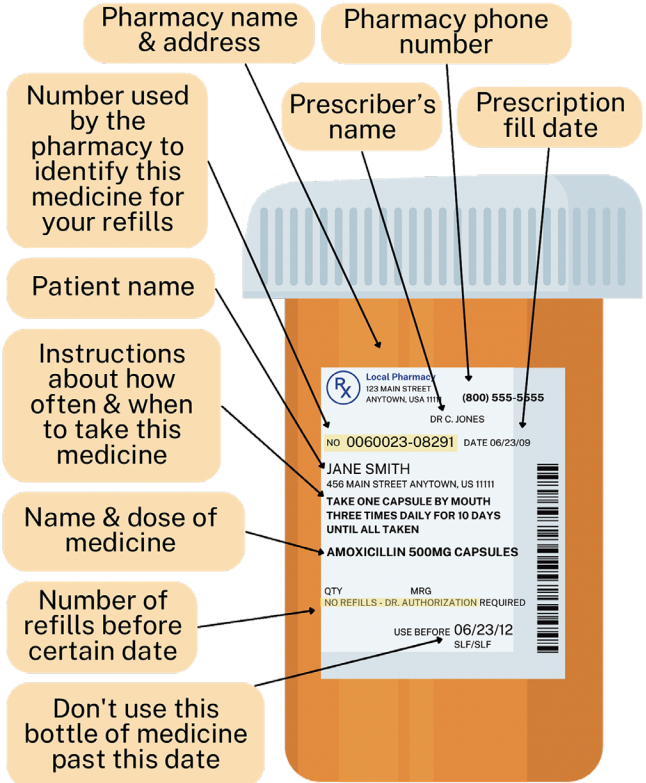
Dose: _____

When I take it: _____

Special Instructions: _____

The last page of this book provides
a chart to list all of your medications

Know Your Bottle





Look For

What should I expect?

- What side effects or warning signs should I watch for?
- Can I take this with my other medicines, vitamins, and supplements?
- When should I call my pharmacist or prescriber about concerns?

Your notes:

Common side effects:

Serious warning signs:

Who to call:



Long-term Use

What should I know about using this medicine safely and properly over time?

- Are there lower cost options?
- When should I refill this medicine?
- Can I get a 90-day supply?
- What is the most affordable option for me based on my insurance coverage?
- How do I stay on track with taking this medicine?

Your notes:

Refill date: _____

Pharmacy contact: _____

Cost note: _____

Repeat Back

Repeat instructions and information back in your own words.

Decide how you will start the conversation with your pharmacist.

Pick an example or write your own.

- ☐ So here is how I understood you...
- ☐ So when I go home I will...
- ☐ You just told me a lot of information.

Let me be sure I got it all...

- ☐ Other:

Talking to Your Pharmacist

Your pharmacist can help you:

- ☒ Understand your medicine.
 - ☒ Answer questions about side effects.
 - ☒ Check for medicine interactions.
 - ☒ Recommend over-the-counter medicine.
 - ☒ Make sure you are on the best medicine for your condition.
 - ☒ Save money on prescriptions.
- ☒ Understand and get vaccines.

Medicine Safety

Only take medicines prescribed to **YOU**



Do **NOT** take someone else's medicine.



Do **NOT** share your medicine with others.



Even if symptoms seem the same, medicines may not be safe for someone else.

What about over-the-counter medicines?

These are medicines that can be used without a prescription but can still interact with other medicines or health conditions.

Always ask your pharmacist if you are unsure what is safe for you.

Medicine Disposal

Dispose of medicine safely

- ☒ Do **NOT** keep expired medicine.
- ☒ Do **NOT** flush medicine unless instructed.
- ☒ Use a medicine take-back location when possible.
- ☒ If disposing at home, mix medicine with coffee grounds or cat litter and throw it away.



**Find year round
locations here**

Did you know?

Many pharmacists also give prescription disposal packets.

Remember



Your guide to safer, smarter medicine conversations.

P - Purpose: Why am I taking this medicine?

I - Instructions: How do I use this medicine?

L- Look For: What should I expect?

L - Long-term Use: What should I know about using this medicine safely and properly over time?

You got this! You are the most important part of your healthcare team.

Use your P.I.L.L. method to...

- Ask questions
- Understand your medicine,
- Make confident decisions about your health.

Medicine Name	Description	Purpose	Dose: (how much)	When Taken: (days & times)

Pharmacy Name _____

Pharmacist Name _____

Pharmacy Phone Number _____



Your guide to safer, smarter medicine conversations.



EXCITE

Extension Collaborative on
Immunization Teaching & Engagement

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