Create your own Talk Before You Take pocket guide.

Step 1: Print out the Pocket Guide PDF on 8-1/2" x 11" paper. Hold the page so the large logo is on the lower right (as shown). This is the front of the guide.

Step 2: Fold the sheet in half so that the top edge meets the bottom edge.

Step 3: Fold the sheet in half again so that the left edge meets the right edge.
If you are one of the millions of Americans who takes a prescription medicine, ask yourself: Do I fully understand the benefits and potential risks of the medicines I’m taking? If your response is no, take the time to Talk Before You Take.

Here are four tips to guide your conversation with your healthcare provider:

1. Talk to your healthcare provider and ask questions about the benefits and potential risks of prescription medicines you take.

2. Tell your healthcare provider about all of the medicines you are taking—including over-the-counter medicines, vitamins, and dietary supplements.

3. Tell your healthcare provider about any allergies or sensitivities that you may have.

4. Read and follow the medicine label and directions.

For more information, visit TalkBeforeYouTake.org.

Discuss the Benefits and Risks of Prescription Medicines

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