

Alaska Medication Education



The following questions will help you check whether you're getting the best out of your medicines or if you could have a problem with them.

Check the box that applies to you.

	Always	Most of the time	Sometimes	Never or hardly ever
1. I take each of my medicines at the right time every day.				
2. I know why I am taking each of my medicines (I know what each medicine does for my health).				
3. I know what the side effects of the medicines I take could be.				
4. I take my medicines even if I am not feeling well.				
5. I understand and easily follow the directions my health care provider or pharmacist tells me about taking my medications.				
6. The written information I get about my medicine is easy for me to read and understand.				
7. It is easy for me to open pill bottles or packages and to swallow my pills.				
8. I know if there are foods I should avoid when I'm taking one or more of my medicines.				
9. I feel comfortable asking my health care provider to explain again when I don't understand something about my medicines.				
10. I am confident I will not become addicted to a medicine I am taking.				
11. I can afford all my medicines.				
12. My medicines are all prescribed by the same health care provider.				
13. I tell my doctor about everything I take for my health such as vitamins, herbs or natural remedies and medicine I can buy without a prescription (over-the-counter cold remedies, etc).				
14. I know what to do if I forget to take a dose of my medicine.				

If you answered "Always" or "Most of the time" to a question, you're taking your medicine as prescribed. Keep it up!

If you answered "Sometimes" to a question, you have a challenge taking your medicine as prescribed. At your next appointment, ask your provider or pharmacist for help changing that to "Always" or "Most of the time." Keep up the good habits you have!

If you answered "Never or hardly ever" to a question, let your provider or pharmacist know that you're having a problem with your medication. If you don't already have an appointment scheduled soon, you could call your provider. You may take this questionnaire with you to your appointment.