

Introduce yourself. Tell where you are from and where you live now. Have you ever asked a pharmacist to recommend a medicine for your symptoms? Is it difficult to find the right medicine for a cold or stomach ache?

Read these conversations and answer the questions in your small group.

Jane: I have a prescription. What do I do with it?

Pharmacist: I am a pharmacist. I will fill your prescription.

(Later)

Pharmacist: Here is your prescription Mr. Smith. Have you ever taken this drug before?

Jane: No, I haven't.

Pharmacist: It is an antibiotic. It will help your sinus infection. You must take it with food. It can cause nausea if you take it on an empty stomach.

Jane: How often do I take it.

Pharmacist: You will take three doses a day. One with each meal. The doctor also wants you to get this cough medicine. It is over the counter. That means you don't need a prescription. You will find it on aisle 2. You can check out with the cashier up front.

1. Who filled the prescription.
2. What kind of drug was it?
3. What did the pharmacist warn Jane about?
4. How many times must she take it?
5. Why didn't she have a prescription for the cough medicine?

Dr. Smith: What symptoms do you have Mrs. Jones?

Mrs. Jones: My nose is stopped up. I have a bad headache. My throat hurts when I swallow.

Dr. Smith: Have you been running a fever?

Mrs. Jones: I did not take my temperature, but I don't think so.

Dr. Smith: Open your mouth and stick out your tongue. Your throat looks red. Are you coughing?

Mrs. Jones: A little at night. I don't cough in the daytime.

Dr. Smith: Mrs. Jones, I don't think you have a cold or the flu. I think you have allergies. There is a lot of cedar in the air right now. You should stay inside. You can take Claritin. It is an allergy medication. It will help your symptoms. Drink plenty of water and get lots of rest.

Questions:

1. What are Mrs. Jones symptoms?

2. When does Mrs. Jones throat hurt?
3. Did Mrs. Jones take her temperature?
4. Does Mrs. Jones cough in the daytime?
5. Does Mrs. Jones cough at nighttime?
6. What is Dr. Smith's diagnosis?
7. What does Dr. Smith tell her to take?
8. What other advice does Dr. Smith give Mrs. Jones?

Nurse: What was the doctor's diagnosis?

Mrs. Jones: The doctor said I have allergies.

Nurse: Did he give you a prescription?

Mrs. Jones: No. He told me to take Claritin.

Nurse: Claritin is an over the counter medicine. You do not need a prescription.

Mrs. Jones: My head is throbbing. Do you have any medicine I could take?

Nurse: Sure. Here are some aspirin. Take two now.

Questions:

1. What was the doctor's diagnosis?
2. Did the doctor give Mrs. Jones a prescription?
3. What is an over the counter drug?
4. What is wrong with Mrs. Jones' head?
5. What did the nurse give Mrs. Jones?
6. What instructions did the nurse give Mrs. Jones?

Talking to the pharmacist:

You should keep a record of all the medicines you use including vitamins, herbal medicines, dietary supplements, non-prescription and prescription drugs. What do these underlined terms mean?

Why is it important that the pharmacist know what you take?

Do you keep records of your medicines?

Are there medicines that you took in your home country that you can't get here?

Do you take any herbal supplements?

Do you think herbal medicines work as well as prescription medicine?

Would you accept a generic medicine instead of the one the doctor prescribed?

You should tell the pharmacist if you have ever had an allergic reaction to medication. Have you ever had an allergic reaction to medicine? Do you wear a medical i.d. band to alert emergency medical personnel?

You should tell the doctor if you have trouble taking medicine. For example, do you have trouble swallowing large pills? Do your children have trouble swallowing medicine?

You should also tell the pharmacist if you are pregnant or breast feeding. Why is this important?

You should also ask the pharmacist about side effects. Side effects include dizziness, drowsiness, nausea, or rash. What do these terms mean?

You should always read the warning labels on your prescriptions. Tell what these mean.

1. Avoid prolonged exposure to sunlight.
2. May cause drowsiness. Do not operate a motor vehicle while taking.
3. Alcohol may intensify the effect of this drug.
4. May cause discoloration of the urine.
5. Take with food.
6. Do not take with aspirin.
7. Shake well before using.
8. Take medication one hour before or two to three hours after a meal.
9. For external use only.
10. Take only at recommended dosage.

If the doctor prescribes an anti-biotic, you should always finish the whole dose. Why is this important?