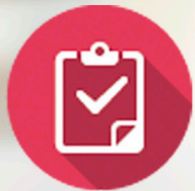


# How to read your prescription bottle.



## Directions

Take note of your medication directions. Ask your pharmacist any questions.



## Medication

Your medication name and the medication strength are usually listed side by side. Note how many units you are taking. Common types of units:  
Milligrams (mg)  
Micrograms (mcg)  
Grams (gm)



## Notice

Your pharmacy may put a special sticker on your bottle. Note these; such as, "Will cause drowsiness."



## Refill

Note how many times you can refill your prescription. When you order your refill you will likely need the RX number.



**PRAIRIE LAKES**  
Healthcare System

# Track your medications.

**Update this list every month on this date:** \_\_\_\_\_

Recommended: Hang this list on your fridge and bring with you to every doctor appointment.

When writing out medications use this format: Medication Name, Medication Strength, Directions

Example: Ibuprofen 800mg 1 tablet every 8 hrs as needed for pain

Medication: \_\_\_\_\_

Prescribed on this date: \_\_\_\_\_

Medication: \_\_\_\_\_

Prescribed on this date: \_\_\_\_\_

Medication: \_\_\_\_\_

Prescribed on this date: \_\_\_\_\_

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