When you’re not feeling well you go to the doctors. He or she may give you a prescription to obtain medication from the pharmacy as part of your treatment. It is important that you understand what you are taking, why and how to take it. The process should be like this:

How to have your prescription filled:

<table>
<thead>
<tr>
<th>Script</th>
<th>Fill</th>
<th>Ask</th>
<th>Take</th>
<th>Questions?</th>
<th>Call</th>
</tr>
</thead>
</table>

Things that you need to keep in mind when taking your medication:

- **Morning**
  - Draw Number of Pills to Take
  - Time to Take

- **Evening**
  - Draw Number of Pills to Take

Things to Avoid:

- Driving
- Alcohol
- Sun
- Dairy Products
- Vitamins

May Cause:

- Drowsiness
- Blurred Vision
- Dry Mouth
- Constipation

Storing:

- Medicine Cabinet
- Safe
- Bedroom Drawer
- Purse
- Kitchen Cabinet

Disposing:

- Flushing
- Coffee Grounds
- Cat Litter
- Pharmacy
- Garbage Can
- Share with Friends & Family
Important information to get the help you need.

If you have been given a prescription and don’t have the money to have it filled, you can call or visit:

- Needy Meds
  Web: www.NeedyMeds.com
- RxAssist
  Phone: 877-844-8442
  Web: www.rxassist.org
- RX Hope
  Web: www.rxhope.com

Help with medical care:
- The Center for Medicare Advocacy, Inc.
  Phone: 860-456-7790
  www.medicareadvocacy.org
- The Center for Patient Advocacy
  Phone: 800-846-7444
  www.patientadvocacy.org
- The Patient Advocate Foundation
  Phone: 800-532-5274
  www.patientadvocate.org
- Health Assistance Partnership
  Phone: 202-737-6340
  www.healthassistancepartnership.org
- Pain and Policy
  www.painpolicy.wsc.edu

Other helpful information:
- American Chronic Pain Association
  Phone: 800-533-3231
  www.theacpa.org
- Pain and the Law
  www.painandthelaw.org
- National Institute of Health
  www.nih.gov
- Social Security Disability
  www.ssa.gov/disability.html