### 12. Taking Medicine
### Reading Medical Labels (Part 2)

**Background Information for Teachers**

**Common Prescription Medicines and Dosages**

<table>
<thead>
<tr>
<th>Problem</th>
<th>Drug</th>
<th>Other Name</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type II Diabetes</td>
<td>Metformin</td>
<td></td>
<td>500 mg orally twice daily</td>
</tr>
<tr>
<td></td>
<td>Glyburide</td>
<td></td>
<td>2.5 mg orally twice daily</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Hydrochlorothiazide</td>
<td></td>
<td>25 mg orally once daily</td>
</tr>
<tr>
<td></td>
<td>Amlodipine besylate</td>
<td>Norvasc</td>
<td>5 mg orally once daily</td>
</tr>
<tr>
<td></td>
<td>Atenolol</td>
<td></td>
<td>50 mg orally once daily</td>
</tr>
<tr>
<td></td>
<td>Lisinopril</td>
<td></td>
<td>20 mg orally once daily</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>Atorvastatin</td>
<td>Lipitor</td>
<td>20 mg once daily</td>
</tr>
<tr>
<td>Depression</td>
<td>Fluoxetine</td>
<td>Prozac</td>
<td>40 mg orally once daily in the morning</td>
</tr>
<tr>
<td>Bacterial infection</td>
<td>Amoxicillin</td>
<td></td>
<td>500 mg every 12 hours for 7 days</td>
</tr>
<tr>
<td></td>
<td>Ciprofloxacin</td>
<td>Cipro</td>
<td>250 mg every 12 hours for 3 days</td>
</tr>
<tr>
<td>Asthma</td>
<td>Albuterol</td>
<td></td>
<td>2 inhalations every 4–6 hours</td>
</tr>
<tr>
<td>Pain</td>
<td>Acetaminophen/Codeine</td>
<td>Tylenol with Codeine</td>
<td>1 tablet orally every 4 hours as needed</td>
</tr>
<tr>
<td></td>
<td>Acetaminophen/Hydrocodone</td>
<td>Vicodin</td>
<td>1–2 tablets orally every 4–6 hours as needed</td>
</tr>
</tbody>
</table>
12. Taking Medicine
Reading Medical Labels (Part 2)

Materials Needed
- Board or chart paper
- Markers
- Sample prescription bottles [Use actual samples, or prepare bottles using the provided Prescription Labels and Warning Labels.]
- Handouts: 12a (Prescription Match), 12b (Information About Your Medicine)
- Video camera (optional)

Activity 1
Review
1. Discuss: “What are some important things to remember about taking medicine?” Write answers on board [e.g., Ask questions about the medicine. Tell your doctor what else you are taking. Take the correct amount. Follow your health care provider’s instructions. Don’t share your medicine.]
2. Discuss: Do we always take all the pills (i.e., finish the prescription)? [Answer: Check the label! For example, with antibiotics, yes we do. With pain medication, usually not.]

Activity 2
Reading Prescriptions
1. Hand out worksheet 12a, Prescription Match.
2. Ask the learners to match the instructions with the correct label.
3. Check together as a class. [Note: More than one sentence can match each label.]

Activity 3
Reading
1. Ask the learners to work alone or with a partner to complete worksheet 12b, Information About Your Medicine.
2. Check as a class.

Activity 4
Practice
In partners or small groups:
1. Give each group a sample prescription bottle label.
2. Ask learners to make a dialogue about taking the medicine, using the questions to ask from the previous session. Model this first by working with the class to come up with a dialogue about one prescription. Assist the groups as they work. [You also tell them what the medicine they have is for (e.g., “You have Norvasc. That’s for high blood pressure.”)]
3. Ask for volunteers to share with the class. Before they present, ask the class to listen for the questions. After a group presents, ask the class what questions the patient asked and how the doctor responded.
   If possible, videotape some of the presentations.

Assessment
Administer the quiz on reading labels. Check as a class.

Optional Activities
For additional practice, use “Read Carefully” (pp. 106–7) from Grab Bag of Health by Elizabeth Ganong.
**Match**

Take 2 teaspoons every day.

Take this medicine in the evening.

This medicine may make you feel sleepy.

Don’t drink beer and take this medicine.

Take 4 pills every day.

Take all the pills in the bottle.

_DVB Pharmacy_ #0011 ph. 718 555-1144

Rx: 04444

NORVASC 5 mg Tablet PFI

TAKE 2 TABLETS TWICE A DAY.

MAY CAUSE DROWSINESS

**Empire Drugs** #0093 ph. 718-567-4321

Rx: 357710

PENICILLIN 500 mg CAPSULE

TAKE 2 CAPSULES TWICE A DAY FOR 2 WEEKS.

IMPORTANT: FINISH ALL THIS MEDICATION UNLESS OTHERWISE DIRECTED BY DOCTOR.

**DVB Pharmacy** #0011 ph. 718 555-1144

Rx: 04444

NORVASC 5 mg Tablet PFI

PRESCRIBER: CASE, DAVID V

TAKE 1 CAPSULE EVERY DAY at 6pm.

**XPRESS SCRIPTS** #0093 ph. 202-567-4321

Rx: C 621459

121-69 Persimmon Dr, Long Branch, NJ 01351

DEA #DVB1234540

DO NOT TAKE ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION

TAKE 1 TEASPOON with breakfast and at bedtime.

Hydrocodone Compound Syrup

**Aise Baykal**

15-02 Main St

Flushing, NY 11367
Information About Your Medicine

1. You can only get one ________ for this prescription.
   a. headache
   b. medicine
   c. question
   d. refill

2. Take two ________ every morning.
   a. liquids
   b. medicines
   c. prescriptions
   d. tablets

3. Don’t ________________ when you take this medicine.
   a. drive
   b. driver
   c. driving
   d. driven

4. Pregnant women should not ________________ this medicine.
   a. ask
   b. belong
   c. see
   d. take
**Prescription Labels (cut apart)**

### DVB Pharmacy
- **#0011** 121 Hillside Avenue, Jamaica, NY 11432  
  ph. 718 555-1144  
  Rx: 04444  
  NORVASC 5 mg Tablet PFI  
  PRESCRIBER: CASE, DAVID V  
  TAKE 1 CAPSULE EVERY 12 HOURS  
  Refillable 4 times before 02-02-2007  
  Qty: 30  
  RPh: TORETTA, GREGORY  
  PIC: LEON, CARITAS  
  Date Filled: 04-05-2006  
  Orig Date: 02-02-2006  
  Discard after: 04-05-2007  

### EMPIRE DRUGS
- **#0093** 121-49 Jamaica Blvd, Bellerose, NY 11426  
  ph. 718-567-4321  
  Rx: 357710  
  AMOXICILLIN 500 mg CAPSULE  
  PRESCRIBER: BIALYSTOCK, MAX  
  TAKE 1 CAPSULE EVERY 12 HOURS FOR 7 DAYS  
  No Refills, authorization required  
  Qty: 60  
  RPh: RADHAKRISHNAN, ANA  
  PIC: YOUNG, CARLOS  
  Date Filled: 02-27-2006  
  Orig Date: 02-02-2006  
  Discard after: 02-26-2007  

### XPRESS SCRIPTS
- **#0093** 121-69 Persimmon Dr, Long Branch, NY 11351  
  ph. 202-567-4321  
  Rx: C 621459  
  Mumtaz, Ahmed  
  TAKE 1 CAPSULE TWICE A DAY  
  Metformin 500 mg  
  Prescriber/Sohn, Pat  
  NO REFILLS, AUTHORIZATION REQUIRED  
  QTY: 20  
  Date Filled: 03-27-2006  
  Orig Date: 02-02-2006  
  Discard after: 03-26-2007  
  CAUTION: FEDERAL LAW PROHIBITS TRANSFER OF THIS DRUG TO ANY PERSON OTHER THAN THE PATIENT FOR WHOM IT WAS PRESCRIBED.
**Warning Labels (cut apart)**

**MAY CAUSE DROWSINESS**
- ALCOHOL INTENSIFIES EFFECT. USE CARE USING MACHINES.

**MAY CAUSE DIZZINESS.**
- TAKE OR USE THIS EXACTLY AS DIRECTED. DO NOT SKIP DOSES OR DISCONTINUE.
- CALL DR. BEFORE TAKING OTC DRUGS AS SOME MAY AFFECT THE ACTION OF THIS DRUG.

**This Medication May Be Taken With or Without Food.**

**CONTROLLED SUBSTANCE. DANGEROUS UNLESS USED AS DIRECTED.**
- TAKING MORE THAN RECOMMENDED DOSE MAY CAUSE BREATHING PROBLEMS.
- DO NOT TAKE ALCOHOLIC BEVERAGES WHEN TAKING THIS MEDICATION.
- DO NOT USE IF PREGNANT OR SUSPECT YOU ARE PREGNANT OR ARE BREAST FEEDING.

**MAY CAUSE BLURRED VISION.**
- DO NOT TAKE THIS DRUG IF YOU BECOME PREGNANT.

**TAKE WITH FOOD**
- IMPORTANT: FINISH ALL THIS MEDICATION UNLESS OTHERWISE DIRECTED BY DOCTOR.
- AVOID EATING OR DRINKING GRAPEFRUIT PRODUCTS WITH THIS MEDICATION.
- TAKE THIS MEDICATION WITH PLENTY OF WATER.
- MAY CAUSE DROWSINESS. ALCOHOL MAY INTENSIFY THIS EFFECT. USE CARE WHEN OPERATING A CAR OR DANGEROUS MACHINES.
- DO NOT CHEW OR CRUSH BEFORE SWALLOWING.
- If you are pregnant or considering becoming pregnant you should discuss the use of this medication with your doctor or pharmacist.

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Sessions 11 and 12
Taking Medicine / Reading Medical Labels

Check Yes or No for each question.

1. Your doctor gives you a prescription for an antibiotic. There are pills for 10 days. You feel better after 4 days. It’s okay to stop taking the medicine.
   - Yes
   - No

2. Your medicine says, “Take the pill on an empty stomach.”
   You take it 20 minutes after lunch. Good idea?
   - Yes
   - No

3. Tell your doctor about other medicines you take.
   - Yes
   - No

4. Your medicine says, “Take two tablets in the morning and two in the evening.” You can take all four pills at breakfast.
   - Yes
   - No

5. You have a headache. Your friend has some prescription medicine for pain. It is okay to take your friend’s medicine.
   - Yes
   - No
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