

Simple Medication Questions for Caregivers



As a caregiver, asking questions can help you make informed decisions and feel empowered when supporting a loved one who takes medication. Use this fact sheet to guide conversations with healthcare providers and get the information you need.

About the Medication

- What is the name of this medication?
- What is it supposed to help with?
- How long will it take to start working?
- How long will my child/family member need to take it?

How to Take It

- What dose should be taken?
- What time of day should it be taken?
- Does it need to be taken at the same time every day?
- Should it be taken with food or on an empty stomach?
- Can it be crushed, split, or mixed with food?

Missed or Extra Doses

- What should I do if a dose is missed?
- What should I do if too much is taken by accident?



Side Effects and Safety

- What side effects are common?
- Which side effects should I call the doctor about?
- When should I seek emergency medical care?
- Could this medication cause drowsiness, dizziness, or falls?
- Could it affect mood, behavior, or memory?

Drug and Food Interactions

- Can it be taken with other medications?
- Are there vitamins, supplements, or herbal products to avoid?
- Are there any foods or drinks that should be avoided?
- Does it increase sensitivity to the sun?

Daily Life

- Can they drive or do other activities safely while taking it?
- Will it affect sleep or appetite?
- Could it cause constipation, diarrhea, or dehydration?
- Are there any activities they should avoid?

Monitoring and Follow-Up

- How will we know if the medication is working?
- What symptoms should I watch for?
- Are blood tests or other monitoring needed?
- How often should this medication be reviewed?

Stopping the Medication

- Is this for short-term or long-term use?
- Will the dose change over time?
- Can it be stopped suddenly, or does it need to be reduced slowly?
- What are signs that it is no longer working?

Cost and Refills

- Is there a generic version that costs less?
- How many refills are available?
- Are there assistance programs if we cannot afford it?



Medication Management

- Is a pill organizer a good idea?
- What is the best way to store this medication?
- Can you explain this medication in simple terms?
- Can I get written instructions?
- Who should I call if I have questions after hours?
- When should the next follow-up appointment be scheduled?

Tip: Keep an updated list of all prescription medications, over-the-counter medicines, vitamins, and supplements, and bring it to every medical appointment.