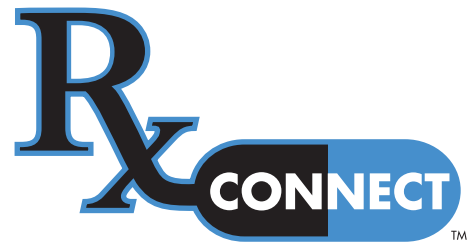


# Smart Shopping Tips for Prescription Drugs

Thank you for your call to RxConnect™ and the Senior LinkAge Line.® Most Minnesotans recognize the importance of prescription drugs to their health. However, there are many who struggle with the high costs of their prescriptions. Here are suggestions to consider when purchasing your prescription drugs that can help keep those costs under control.



helping you get the prescription drugs you need

1-800-333-2433

**Rx** Consider yourself part of the team with your doctor, pharmacist and health clinic. With each drug prescribed for you, learn the nature of the medicine and what it is supposed to do. Know the dose you are taking, when it is to be taken and the foods, drugs or activities that should be avoided when taking this medication. Ask about the number of refills allowed, when you can expect to feel the effects of the drug and what happens when you miss a dose or might accidentally take more than recommended. Ask your doctor or pharmacist for any written information about this medication.

**Rx** When starting on a new medication, ask for a prescription sample so you can see how you react to that drug. If none are available, see if it is possible to fill only part of the prescription to check for unexpected reactions. Fill the remainder of the prescription later. Pay attention to any side effects or unwanted reactions to your medications and keep the doctor informed.

**Rx** Keep a current list of all the medications you are taking with you and make a copy for a friend. Regularly review the list with your doctor or pharmacist to be sure that no medication is counteracting another. Also, let them know of vitamins, food supplements or other over-the-counter drugs that you might be taking regularly.

**Rx** Shop around for the best price. Call local pharmacies and let them know you are doing some comparative shopping. Keep a record of the price you are quoted.

**Rx** Ask your doctor or pharmacist to see if a less expensive drug treatment or if a generic drug could be prescribed. Generics contain the exact chemical composition as the brand name drug. Generic drugs are manufactured after the drug patent has expired and are less expensive. Do not be shy to let the doctor know that you want to reduce the costs of your prescription drugs.

**Rx** Sunlight and extreme temperatures can alter the potency of some drugs. Make sure pills, tablets and capsules are stored in a cool, dry spot out of the direct sunlight, and liquids and aerosols are stored according to the package directions.

**Rx** Pay attention to the drugs you are taking and let your doctor know when you experience unexpected reactions.

**Rx** When you expect to take the medication over the long term, consider buying in bulk. Purchase a larger quantity of the medication at one time. Can you purchase a 60 day supply instead of a 30 day supply to get some savings? Ask your doctor or pharmacist if purchasing a higher dosage pill and then dividing it with a pill splitter is appropriate for that medication. Some pharmacists are willing to split the pills for you.