



Talk Before You Take: Content for NASPA

*Thank you for considering a piece on **Talk Before You Take** – and the importance of clear conversations about the uses and risks of newly prescribed medicines - within your communication channels to National Alliance of State Pharmacy Associations membership. NASPA is a Talk Before You Take campaign [partner](#), and certainly this public education initiative is most effective when pharmacists are aware and involved. Below is information for NASPA members that can be adapted/edited to whatever channels you best see fit. Thank you for your consideration.*

Short article (“blurb”) for NASPA’s “HUB on Provider Status” or other newsletter:

10 Questions Patients are Being Encouraged To Ask About Their Medicines

Aimed at reducing adverse drug reactions and improving medication adherence, the National Council on Patient Information and Education (NCPPIE) has launched an initiative called **Talk Before You Take** to encourage patients to ask questions about new medicines they are prescribed, such as: (1) What side effects should I expect, and what should I do about them? (2) Should I take this medicine on an empty stomach or with food? (3) Is it best to take it in the morning or evening? and (4) Should I avoid any foods, drinks, alcohol, or other medicines while taking this prescription? NASPA is a Talk Before You Take campaign partner and supports the initiatives to educate consumers about safe medicine use. Do your pharmacy teams proactively address these questions with patients when dispensing a new medication to a patient? See the [10 medication questions patients are being encouraged to ask](#).

Longer 10-question article that can be customized for NASPA channels:

10 Questions Patients are Being Encouraged To Ask About Their Medicines

The communication gap between healthcare providers and patients has been met with its fair share of commentary, research and critique. One thing we can likely all agree on: for patients to safely use their medications - and reap the most benefit – they need a clear understanding of how and when to take them and what to be on the lookout for in terms of potential risks and side effects. Studies have shown that all too commonly, patients lack key information or are not aware of risks associated with the medicines they take.

Clear communication at the start of a new drug regimen can help maximize the helpful effects and minimize possible adverse effects of medicines.

With the ultimate goal of reducing adverse drug reactions and improving medication adherence, the National Council on Patient Information and Education (NCPiE) launched - in collaboration with the Food and Drug Administration (FDA) - the [Talk Before You Take](#) (TBYT) public education initiative to increase medicine safety communications between healthcare providers and patients. TBYT encourages patients to proactively ask – and providers to proactively address - 10 questions about new medicines prescribed:

1. What's the name of the medicine, and what is it for?
2. How and when do I take it, and for how long?
3. What side effects should I expect, and what should I do about them?
4. Should I take this medicine on an empty stomach or with food?
5. Should I avoid any activities, foods, drinks, alcohol, or other medicines while taking this prescription?
6. If it's a once-a-day dose, is it best to take it in the morning or evening?
7. Will this medicine work safely with any other medicines I'm taking, including over-the-counter-medicines?
8. When should I expect the medicine to begin to work, and how will I know if it's working?
9. How should I store it?
10. Is there any additional written information I should read about the medicine?

Do your pharmacy teams proactively address these questions with patients when a new medicine is prescribed?

Initiatives to improve medicine safety like **Talk Before You Take** are most effective when healthcare providers are aware and involved. NASPA is a Talk Before You Take campaign partner and supports the initiatives to educate consumers about safe medicine use. To facilitate clear conversations about medicine use, the campaign provides information for pharmacies and handouts for patients – all available at www.TalkBeforeYouTake.org.

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This article can run with or without a by-line. If a by-line is needed, authorship can be attributed to W. Ray Bullman, Executive Vice President, National Council on Patient Information and Education, Bullman@ncpie.info 301.340.3940