

10 Questions to Ask Your Pharmacist

Print this. Keep it in your wallet, purse, or phone photos.
Check off what applies before your next pharmacy visit.

BEFORE YOU START ANY NEW MEDICATION OR SUPPLEMENT

- ☐ What is this for, and how will I know it's working?
- ☐ What are the most common side effects I should watch for?
- ☐ Are there any foods, drinks, or other medications I should avoid with this?

IF YOU'RE CHOOSING AN OTC PRODUCT

- ☐ Which active ingredient is right for my symptoms — and which one should I avoid given my health history?
- ☐ Is there a version of this without added ingredients I don't need (extra caffeine, alcohol, sodium)?

IF YOU TAKE MULTIPLE MEDICATIONS OR SUPPLEMENTS

- ☐ Can you check my full list for interactions — including OTC and supplements?
- ☐ Is there a safer time of day to space these out?

BEFORE YOU LEAVE THE COUNTER

- ☐ How long should I expect to take this?
- ☐ What should I do if I miss a dose?
- ☐ Is there a generic version that works the same way for less?

This is a starting point — not the full picture.

The full “What to Say at the Pharmacy” workbook has ready-to-use scripts for 6 real-life scenarios — new medications, blood pressure, pain relief, cold & flu, allergies, and supplements.
Get the full Conversation Playbook → bikitahealth.etsy.com