

TRANSCRIPT · EPISODE 80

5 Min Survival Kit: The Pharmacy

Full episode script · English

104 lines

Your English Toolbox

The pharmacist hands you a bag.

They say something about dosage.

You nod.

But you are not sure what you just agreed to.

The instructions on the box are small.

The words are technical.

And the person behind the counter is already looking at the next customer.

This happens to almost everyone.

And today we are going to fix it.

Welcome to your English toolbox.

I am Miranda.

This is the Basic Survival Kit, a slow English series designed for one specific person.

You live in an English-speaking country, or you are planning to.

Your English is not perfect, but your health cannot wait for perfect.

Every episode gives you the exact words you need for one real situation.

No grammar, no pressure, just the sentences that actually work.

This episode is your survival kit for the pharmacy.

Want to take your learning even further?

Find your English toolbox on YouTube to watch every episode with subtitles.

It is the best way to support this project, and we truly appreciate it.

Today's situation.

You are at the pharmacy.

It could be collecting a prescription, asking about side effects, or simply trying to understand how many tablets to take and when.

The problem with pharmacy English is the vocabulary.

Words like dosage, contraindication, prescription only — these are not everyday words.

But the sentences you need are simple.

Here are your five sentences for this situation.

Listen carefully, and then repeat each one out loud.

Sentence 1.

Could you explain how to take this, please?

Simple, direct, and it works in every pharmacy in the English-speaking world.

This sentence gives the pharmacist permission to slow down and explain everything from the beginning.

You are not asking a stupid question.

You are asking the most important question.

Sentence 2.

How many times a day should I take this?

Once a day.

Twice a day.

Every eight hours.

These are the answers you need, and this sentence gets them.

Always ask this, even if you think you understood.

Confirmation saves mistakes.

Sentence 3.

Are there any side effects I should know about?

This is the question most people are too nervous to ask.

But pharmacists expect it.

They are trained for it.

A good pharmacist will never make you feel small for asking.

And the information they give you could matter a great deal.

Sentence 4.

Do I need to take this with food?

Some medications must be taken with food.

Others must not.

Getting this wrong can reduce the effect or cause discomfort.

Three seconds to ask.

Potentially days of difference in how you feel.

Sentence 5.

Is this available without a prescription?

Sometimes you do not have a doctor's note.

Sometimes you need something quickly.

This sentence opens that conversation professionally and clearly.

The pharmacist will tell you exactly what your options are.

Now the rescue sentence.

This is the single phrase that works when everything else disappears from your mind.

Write this one down.

Can you explain how to take this, please?

My English is still developing.

Say it again, out loud, right now.

Can you explain how to take this, please?

My English is still developing.

That sentence does something powerful.

It asks for the most important information.

And it tells the pharmacist to slow down and be patient.

Every pharmacist in the world will respond with kindness to that sentence.

Every single one.

Let me tell you about Priya.

Priya moved from Mumbai to Edinburgh 18 months ago.

Her doctor prescribed something for her blood pressure.

She collected it from the pharmacy, nodded at everything the pharmacist said, and went home.

That night, she took the tablet with a glass of orange juice.

The instructions said, avoid citrus.

She did not know that word.

She was fine, but it could have been different.

The next time, she used sentence 3.

Are there any side effects I should know about?

The pharmacist spent four minutes explaining everything.

Priya told me afterwards, I felt like a patient, not a problem.

The right words give you back your dignity.

Let's close with what you have today. 1.

Could you explain how to take this, please? 2.

How many times a day should I take this? 3.

Are there any side effects I should know about? 4.

Do I need to take this with food? 5.

Is this available without a prescription?

And your rescue sentence: Can you explain how to take this, please?

My English is still developing.

You are not someone who leaves the pharmacy hoping for the best.

You are someone who asks the right questions and gets the right answers.

That is a completely different person.

And that person is you, starting today.

If you made it this far, you are truly committed to your English.

Please head over to YouTube, search for your English toolbox, and subscribe.

I am Miranda.

And I will see you in the next one.