

VOCABULARY · EPISODE 80

5 Min Survival Kit: The Pharmacy

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to pick up a prescription

recoger una receta · ir a buscar los medicamentos de la receta**DEF**

to go to a pharmacy and collect the medicine that a doctor has prescribed for you

*Pick up a prescription is an essential pharmacy phrase — it assumes you have already seen a doctor and received a prescription. Understanding this workflow is essential for healthcare navigation in an English-speaking country.***ES**

Ir a una farmacia y recoger el medicamento que un médico te ha recetado.

Una frase esencial de farmacia.

I'm here to pick up a prescription — it should be under the name Smith.

I'm here to pick up a prescription — it should be under the name Smith. -> Vengo a recoger una receta — debería estar a nombre de Smith.

She learned to pick up her prescriptions and ask about dosage in English before she needed to — preparation made it stress-free.

She learned to pick up her prescriptions and ask about dosage in English before she needed to. -> Aprendió a ir a buscar sus medicamentos de la receta y preguntar sobre la dosis en inglés antes de necesitarlo.

2

over the counter

sin receta médica · de venta libre**DEF**

available to buy directly from a pharmacy without needing a doctor's prescription

*Over the counter (OTC) is essential pharmacy vocabulary — it describes medicines you can buy without a prescription. Knowing this phrase and its opposite (prescription only) means you can navigate any pharmacy conversation with confidence.***ES**

Disponible para comprar directamente en una farmacia sin necesitar la receta de un médico.

Vocabulario esencial de farmacia — describe medicamentos que se pueden comprar sin receta.

Is this medication available over the counter or do I need a prescription?

Is this medication available over the counter or do I need a prescription? -> ¿Este medicamento está disponible sin receta médica o necesito una receta?

Most painkillers in the UK are available over the counter — you don't need to see a doctor first.

Most painkillers in the UK are available over the counter. -> La mayoría de los analgésicos en el Reino Unido están de venta libre.

a pharmacist

3

el farmacéutico · un profesional sanitario formado y autorizado que dispensa medicamentos y asesora sobre su uso

DEF

a trained and licensed healthcare professional who dispenses medication and provides advice on drugs and their use

Pharmacist is the healthcare professional noun. In English-speaking countries, the pharmacist is an accessible first point of health advice — more accessible than a GP. Phrases: 'I'd like to speak to the pharmacist', 'the pharmacist recommended...', 'the pharmacist checked my prescription'. In the UK, pharmacists can now prescribe certain medications directly, making them an even more important healthcare contact.

ES

Un profesional sanitario formado y autorizado que dispensa medicamentos y proporciona asesoramiento sobre los fármacos y su uso.

El sustantivo del profesional sanitario. En los países anglófonos el farmacéutico es un primer punto de consejo de salud accesible.

Speak to the pharmacist before taking any new medication — they can flag interactions you might miss.

Speak to the pharmacist before taking any new medication — they can flag interactions you might miss. -> Habla con el farmacéutico antes de tomar cualquier medicación nueva — pueden señalar interacciones que podrías perder.

She asked the pharmacist whether the antihistamine she was buying would cause drowsiness and adjusted her dose accordingly.

She asked the pharmacist whether the antihistamine she was buying would cause drowsiness and adjusted her dose accordingly. -> Le preguntó al farmacéutico si el antihistamínico que estaba comprando causaría somnolencia y ajustó su dosis en consecuencia.

a dosage

4

la dosis · la cantidad específica de un medicamento que se debe tomar y la frecuencia con que se debe tomar

DEF

the specific amount of a medicine to be taken — and the frequency with which it should be taken

Dosage is the medical quantity noun. Correct dosage is critical — too little is ineffective, too much is dangerous. In pharmacy English: 'What is the recommended dosage?', 'Take one tablet twice a day', 'Do not exceed the stated dose'. For patients, being able to understand and clarify dosage instructions is an important medical safety skill.

ES

La cantidad específica de un medicamento que debe tomarse — y la frecuencia con la que debe tomarse.

El sustantivo de cantidad médica. La dosis correcta es crítica. Frases: 'What is the recommended dosage?', 'Take one tablet twice a day'.

Always check the dosage carefully — double the dose does not mean double the benefit.

Always check the dosage carefully — double the dose does not mean double the benefit. -> Comprueba siempre la dosis cuidadosamente — el doble de la dosis no significa el doble del beneficio.

She misread the dosage instructions and accidentally took twice the recommended amount before noticing her mistake.

She misread the dosage instructions and accidentally took twice the recommended amount before noticing her mistake. -> Leyó mal las instrucciones de dosificación y tomó accidentalmente el doble de la cantidad recomendada antes de notar su error.

to be out of stock

5

estar agotado · no tener disponible un artículo particular — porque se ha vendido o agotado

DEF

to have no supply of a particular item available — because it has been sold or used up

Out of stock is the retail and pharmacy unavailability phrase. In pharmacy contexts: 'I'm afraid that medication is currently out of stock', 'We can order it for you', 'There's a two-day wait'. Knowing how to handle this situation — asking for alternatives, ordering ahead, understanding delivery timelines — is practical pharmacy English.

ES

No tener disponible un artículo particular — porque se ha vendido o agotado.

La frase de no disponibilidad en farmacia. Frases: 'I'm afraid that medication is currently out of stock', 'We can order it for you'.

If your medication is out of stock, ask whether the pharmacist can order it or suggest an equivalent.

If your medication is out of stock, ask whether the pharmacist can order it or suggest an equivalent. -> Si tu medicación está agotada, pregunta si el farmacéutico puede pedirla o sugerir un equivalente.

She was disappointed to find her prescription medication was out of stock and had to wait three days for the order to arrive.

She was disappointed to find her prescription medication was out of stock and had to wait three days for the order to arrive. -> Se decepcionó al descubrir que su medicación con receta estaba agotada y tuvo que esperar tres días a que llegara el pedido.

to be on a repeat prescription

6

tener una receta repetida · tener una receta renovada regularmente para medicación a largo plazo

DEF

to have a regularly renewed prescription for long-term medication — so that you can collect it without seeing the doctor each time

Repeat prescription is the long-term medication management phrase. For patients with ongoing conditions — diabetes, hypertension, asthma — repeat prescriptions allow regular collection without repeated consultations. In the UK NHS, repeat prescriptions can often be requested online or through a pharmacy and collected directly. Understanding this system is important practical healthcare English.

ES

Tener una receta renovada regularmente para medicación a largo plazo — para poder recogerla sin ver al médico cada vez.

La frase de gestión de medicación a largo plazo. Para pacientes con condiciones continuas las recetas repetidas permiten la recogida regular sin consultas repetidas.

Set up a repeat prescription for any long-term medication — it saves time and prevents running out.

Set up a repeat prescription for any long-term medication — it saves time and prevents running out. -> Configura una receta repetida para cualquier medicación a largo plazo — ahorra tiempo y evita quedarse sin ella.

She was on a repeat prescription for her blood pressure medication and could collect it from the pharmacy without seeing her GP.

She was on a repeat prescription for her blood pressure medication and could collect it from the pharmacy without seeing her GP. -> Tenía una receta repetida para su medicación para la presión arterial y podía recogerla en la farmacia sin ver a su médico de cabecera.

to read the label

7

leer el prospecto · leer cuidadosamente la información impresa en el envase de un medicamento

DEF

to look carefully at the information printed on a medication's packaging — including dosage, warnings, and expiry date

Read the label is the medicine safety phrase. On medication packaging in English-speaking countries, labels include: dosage instructions ('take one tablet three times daily with food'), warnings ('do not drive'), interactions ('avoid alcohol'), expiry dates, and storage instructions. Being able to read and understand these is a critical practical literacy skill — not just a language one.

ES

Leer cuidadosamente la información impresa en el envase de un medicamento — incluyendo la dosis, las advertencias y la fecha de caducidad.

La frase de seguridad del medicamento. Las etiquetas incluyen: instrucciones de dosificación, advertencias, interacciones, fechas de caducidad e instrucciones de almacenamiento.

Always read the label before taking any medication — instructions and warnings are there for your safety.

Always read the label before taking any medication — instructions and warnings are there for your safety. -> Lee siempre el prospecto antes de tomar cualquier medicación — las instrucciones y advertencias están ahí por tu seguridad.

She always read the label carefully before starting a new medication because she had learned the hard way what happens when you do not.

She always read the label carefully before starting a new medication because she had learned the hard way what happens when you do not. -> Siempre leía el prospecto cuidadosamente antes de empezar una nueva medicación porque había aprendido a las malas lo que pasa cuando no lo haces.

8

to fill a prescription

dispensar la receta · hacer que una receta se prepare y se dispense en una farmacia

DEF

to have a prescription prepared and dispensed at a pharmacy — receiving the medication the doctor has ordered

Fill a prescription is the American English pharmacy phrase (British English: 'collect a prescription'). Both mean the same thing: taking your prescription to the pharmacy and receiving the medication. In some countries, prescriptions are paper-based; in others, they are electronic. Understanding the difference between a prescription (the doctor's instruction) and the medication (what you receive) is a key medical English distinction.

ES

Hacer que una receta se prepare y se dispense en una farmacia — recibiendo el medicamento que el médico ha ordenado.

La frase farmacéutica del inglés americano (en inglés británico: 'collect a prescription'). Ambas significan lo mismo.

Fill your prescription the same day it is issued — some medications are needed immediately.

Fill your prescription the same day it is issued — some medications are needed immediately. -> Dispensa tu receta el mismo día que se emite — algunos medicamentos se necesitan de inmediato.

She went straight to the pharmacy to fill her prescription and was relieved to start the antibiotics the same evening.

She went straight to the pharmacy to fill her prescription and was relieved to start the antibiotics the same evening. -> Fue directamente a la farmacia a dispensar su receta y sintió un alivio al empezar los antibióticos esa misma tarde.

to be prescribed

9

ser recetado · recibir una instrucción escrita formal de un médico especificando un medicamento y su tratamiento

DEF

to be given a formal written instruction from a doctor specifying a medication, dosage, and duration of treatment

Be prescribed is the passive medical instruction phrase. 'I was prescribed...' is how patients describe what a doctor ordered for them. Knowing this phrase is important because it clearly distinguishes between medication the doctor chose ('I was prescribed X') and medication you chose yourself ('I bought X over the counter'). This distinction matters in medical conversations and on health forms.

ES

Recibir una instrucción escrita formal de un médico especificando un medicamento, dosis y duración del tratamiento.

La frase pasiva de instrucción médica. 'I was prescribed...' es cómo los pacientes describen lo que un médico les ordenó.

Tell every healthcare provider what you have been prescribed — including medications from abroad.

Tell every healthcare provider what you have been prescribed — including medications from abroad. -> Di a cada proveedor de atención médica lo que te han recetado — incluyendo medicamentos del extranjero.

She was prescribed a course of antibiotics and was told to complete the full ten days even if she felt better sooner.

She was prescribed a course of antibiotics and was told to complete the full ten days even if she felt better sooner. -> Le recetaron un tratamiento de antibióticos y le dijeron que completara los diez días completos incluso si se sentía mejor antes.

10

to run out of

quedarse sin · agotar un suministro — de modo que no quede nada

DEF

to use up all of a supply — so that none remains

Run out of is the supply exhaustion phrasal verb. In pharmacy contexts: 'I've run out of my medication', 'I'm running low and need a repeat'. Managing medication supply — knowing when to reorder before running out — is a practical health responsibility. The phrase is also widely used for any consumable: 'run out of time', 'run out of ideas', 'run out of patience'.

ES

Agotar todo un suministro — de modo que no quede ninguno.

El verbo frasal de agotamiento de suministro. En contextos farmacéuticos: 'I've run out of my medication', 'I'm running low and need a repeat'.

Never let yourself run out of long-term medication — order your repeat at least a week before the last dose.

Never let yourself run out of long-term medication — order your repeat at least a week before the last dose. -> Nunca te quedes sin medicación a largo plazo — pide tu receta repetida al menos una semana antes de la última dosis.

She ran out of her prescription before the bank holiday weekend and had to ask an emergency pharmacist for help.

She ran out of her prescription before the bank holiday weekend and had to ask an emergency pharmacist for help. -> Se quedó sin su receta antes del fin de semana de festivo bancario y tuvo que pedir ayuda a un farmacéutico de urgencias.