

CERTIFIED MEDICATION TECHNICIAN (CMT) TRAINING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. All medications must have which two items?**
 - A. HCP order and pharmacy label
 - B. HCP order only
 - C. Pharmacy label only
 - D. No order needed

- 2. In a suspected medication error, which action is appropriate?**
 - A. Inform the supervisor and document; do not conceal; implement corrective actions.
 - B. Conceal the error to avoid blame.
 - C. Do nothing if patient seems fine.
 - D. Re-administer the same medication to verify.

- 3. Which is a side effect of seizure medications?**
 - A. Drowsiness
 - B. Hair color change
 - C. Increased appetite
 - D. Hearing loss

- 4. Which item is not required by the basic DDA rule for OTC medications?**
 - A. The medication's lot number
 - B. PMOF
 - C. The expiration date on the packaging
 - D. A pharmacy label

- 5. How should you assess the expiration date and packaging integrity of a medication?**
 - A. Rely on the appearance of the bottle and label color alone.
 - B. Use the medication until the pharmacy's next shipment arrives.
 - C. Do not check expiration dates; assume it's safe if there is no leakage.
 - D. Check the expiration date and inspect packaging for damage or leakage; discard if compromised.

- 6. Under the DDA policy, which statement best describes the basic requirement for OTC medications?**
- A. Must be child-resistant
 - B. Must have a PMOF and a pharmacy label
 - C. Must be stored in a locked cabinet
 - D. Must be bilingual label
- 7. What is a drug interaction and can you give a common example?**
- A. An alteration of effect when two meds interact; e.g., NSAIDs with anticoagulants increasing bleeding risk.
 - B. A medication that cures two diseases at once.
 - C. When two drugs cancel each other's effects completely.
 - D. A drug that only works when taken with food.
- 8. The CMT/UAP accompanying an individual to a HCP appointment is responsible for obtaining completed written orders and a completed medical appointment form.**
- A. TRUE
 - B. FALSE
 - C. Sometimes
 - D. Not applicable
- 9. How many components are in the medication administration cycle?**
- A. 6 components
 - B. 7 components
 - C. 8 components
 - D. 9 components
- 10. Why is it important not to crush or alter medications unless explicitly instructed?**
- A. It is illegal to alter medications
 - B. It wastes the medication
 - C. Altering forms can change absorption, potency, safety, and violate the order or policy
 - D. It helps the medication taste better

Answers

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1. A
2. B
3. A
4. A
5. D
6. B
7. B
8. A
9. C
10. C

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Explanations

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1. All medications must have which two items?

- A. HCP order and pharmacy label**
- B. HCP order only
- C. Pharmacy label only
- D. No order needed

Medications require both authorization and proper labeling. The order from a healthcare professional provides the approved plan to treat the patient—specifying the exact drug, dose, route, and timing. The pharmacy label identifies exactly what is in the bottle and how to administer it, including patient name, drug name, dose, route, and directions, along with pharmacy details for safety and traceability. Together, these two items ensure the medication is both approved for the patient and clearly described for safe administration. Without an order, there's no mandate to treat; without a label, you may not know what to give or to whom. A label alone doesn't confirm authorization, and an order alone doesn't ensure you have the correct, properly labeled medication.

2. In a suspected medication error, which action is appropriate?

- A. Inform the supervisor and document; do not conceal; implement corrective actions.
- B. Conceal the error to avoid blame.**
- C. Do nothing if patient seems fine.
- D. Re-administer the same medication to verify.

Prompt reporting of a suspected medication error is essential for patient safety and for stopping further harm. When you suspect an error, inform the supervisor or nurse in charge immediately and document what happened as accurately as possible. Do not conceal the event. Timely reporting allows immediate actions to protect the patient, such as monitoring for adverse effects and providing any needed treatment, and it enables a root-cause review to prevent recurrence. Concealing the error undermines patient safety, delays necessary care, and violates ethical and often legal standards. It also blocks learning and system improvements that could prevent similar mistakes in the future. Other options, like doing nothing if the patient seems fine or re-administering the same medication to verify, are dangerous and inappropriate because they can cause additional harm and do not address the underlying issue. By reporting, you support corrective actions—such as reviewing administration processes, reinforcing double-checks, updating protocols, and educating staff—to reduce the risk of future errors. The correct course is to inform the supervisor, document thoroughly, avoid concealment, and participate in the corrective process.

3. Which is a side effect of seizure medications?

- A. Drowsiness**
- B. Hair color change
- C. Increased appetite
- D. Hearing loss

Seizure medications commonly cause drowsiness because they dampen brain activity to prevent seizures. This CNS depressant effect reduces alertness, especially when starting treatment or adjusting doses, which is why drowsiness is a typical side effect. Hair color change, increased appetite, and hearing loss are not standard side effects of antiseizure drugs. If drowsiness occurs, prioritize safety by avoiding driving or operating machinery until you know how the medicine affects you, and talk with a healthcare provider if sleepiness is persistent or severe, so they can adjust the regimen if needed.

4. Which item is not required by the basic DDA rule for OTC medications?

- A. The medication's lot number
- B. PMOF
- C. The expiration date on the packaging
- D. A pharmacy label

The basic rule for OTC meds focuses on ensuring the patient can use the product safely with clear instructions and valid shelf life. A pharmacy label is required because it provides the patient's name, the exact drug, dosage, directions, and any warnings, making it clear how to take the medication. The expiration date on the packaging is essential because it tells you whether the product is still safe and effective to use. The lot number, however, is mainly used for manufacturing tracking and recalls rather than for everyday patient safety or use instructions, so it is not required by the basic DDA rule for OTC medications.

5. How should you assess the expiration date and packaging integrity of a medication?

- A. Rely on the appearance of the bottle and label color alone.
- B. Use the medication until the pharmacy's next shipment arrives.
- C. Do not check expiration dates; assume it's safe if there is no leakage.
- D. Check the expiration date and inspect packaging for damage or leakage; discard if compromised.

Always verify both the expiration date and the packaging before using any medication. The expiration date indicates when the product is expected to retain its intended potency and safety. Using medication past that date can mean it won't work as intended or could pose safety risks. Packaging integrity matters because damaged seals, leaks, cracks, or torn packaging can allow contamination, moisture, or air to reach the medication, potentially compromising sterility and effectiveness. If you find either the expiration date expired or packaging has damage or leakage, discard the medication according to your facility's disposal policy and guidelines. Relying on how the bottle looks or its label colors isn't reliable, and assuming a medicine is safe because there's no visible leakage or because you'll use it soon ignores the real risks. Always checking expiration and packaging integrity is the safest practice.

6. Under the DDA policy, which statement best describes the basic requirement for OTC medications?

- A. Must be child-resistant
- B. Must have a PMOF and a pharmacy label
- C. Must be stored in a locked cabinet
- D. Must be bilingual label

Understanding how OTC meds are tracked and identified in this policy is key. The basic requirement is that each OTC medication has a PMOF documented and a pharmacy label on the product. The PMOF provides a formal record tying the item to the facility's medication system, including identification, lot or expiration details, and related dispensing information. The pharmacy label communicates exactly what the product is and how it should be used, offering dosing directions and pharmacy contact information. Together, they ensure safe dispensing, accurate administration, and traceability. Other safety and accessibility measures, such as child-resistant packaging, keeping medicines in a locked cabinet, or having a bilingual label, are important but address different aspects of safety and accessibility rather than this fundamental labeling and record-keeping requirement.

7. What is a drug interaction and can you give a common example?

- A. An alteration of effect when two meds interact; e.g., NSAIDs with anticoagulants increasing bleeding risk.
- B. A medication that cures two diseases at once.**
- C. When two drugs cancel each other's effects completely.
- D. A drug that only works when taken with food.

Drug interaction means two medicines influence each other's effects, changing how strong or how long each one works. This can make a drug work more than usual, less than usual, or produce a new effect. A common example is taking NSAIDs with an anticoagulant like warfarin; NSAIDs can affect platelets and increase bleeding risk, while the anticoagulant slows clotting—together they alter the overall effect and raise harm risk. Other statements don't describe an interaction. It's not about a medicine curing two diseases at once, nor about two drugs completely canceling each other's effects, and it isn't about a drug that only works with food.

8. The CMT/UAP accompanying an individual to a HCP appointment is responsible for obtaining completed written orders and a completed medical appointment form.

- A. TRUE**
- B. FALSE
- C. Sometimes
- D. Not applicable

Coordinating care and ensuring proper documentation are essential parts of a CMT/UAP's role when accompanying someone to an HCP appointment. Bringing or obtaining completed written orders provides the clinician with explicit instructions for medications or treatments to implement during or after the visit, reducing the chance of miscommunication or delays. A completed medical appointment form offers the necessary patient information, current medications, allergies, and consent details, which the HCP needs to document the encounter accurately and coordinate care with other providers. Because having these documents ready and available supports patient safety, continuity of care, and efficient workflow, this responsibility is expected rather than optional.

9. How many components are in the medication administration cycle?

- A. 6 components
- B. 7 components
- C. 8 components**
- D. 9 components

Understanding the medication administration cycle means recognizing each step from receiving an order to evaluating the outcome. There are eight components in this cycle: obtaining and verifying the order; verifying the patient's identity; checking for allergies and contraindications; preparing the medication; double-checking the dose, route, and frequency; administering the medication; monitoring the patient for effects and any adverse reactions; and documenting the administration and the patient's response. This sequence covers safety checks before giving the drug, the act of administration itself, and follow-up to ensure the desired effect and to catch any problems early. If a source lists fewer steps, it's usually because one or more of these elements are combined, but the standard cycle breaks them into eight distinct parts. Listing more steps would typically add elements like patient education or post-administration evaluation beyond monitoring, which aren't part of the core cycle as defined here.

10. Why is it important not to crush or alter medications unless explicitly instructed?

A. It is illegal to alter medications

B. It wastes the medication

C. Altering forms can change absorption, potency, safety, and violate the order or policy

D. It helps the medication taste better

Medications are designed with specific release mechanisms and routes of administration to achieve a predictable amount of drug at the right time. Crushing or altering a medicine can change how fast or how much of the drug gets into the body, which can alter absorption and potency and may lead to unsafe levels or diminished effect. For example, extended release or enteric coated forms are meant to release gradually or protect the stomach; breaking them can cause dose dumping or irritation and isn't what the prescriber intended. Some drugs are formulated to be absorbed through a particular route (sublingual, buccal, or intact oral), and altering them can ruin that route and reduce effectiveness or cause harm. In addition, changing how a medication is given can violate the prescriber's order and facility policies, potentially compromising safety for the patient and others. When in doubt, follow the explicit instructions, because the formulation and administration method are chosen to balance safety and effectiveness.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://cmtraining.examzify.com>

We wish you the very best on your exam journey. You've got this!

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