# Your Medicine You can never be too safe

Tips for Using Medicine Safely



### MEDICINE CAN DO MANY THINGS.

It can help keep you well and help you when you're sick. But it can also hurt you if you do not take it the right way.

### If you are:

- in the hospital
- taking medicine at home
- taking care of someone you love

you can use these...

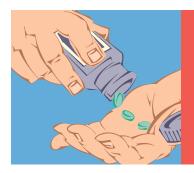
# TIPS FOR USING MEDICINE SAFELY

## **✓** Give Your Doctors and Nurses Information About You

Before you take any new medicine, tell your doctor:

- about *all* the medicines you have taken in the past few weeks.

  Be sure to include any vitamins, herbs, or other over-the-counter (non-prescription) medicines other doctors have prescribed for you.
- if a medicine has ever made you sick or if you have ever had an allergic reaction to any medicine, herb, or food.
- if you are on a low-salt, low-sugar, or any other special diet.
- if you are pregnant, may be pregnant, plan to become pregnant, or are breast-feeding.



When you go to you see your doctor, bring your medicine bottles with you or bring a list of the names with you.

# **✓** Ask Questions About Your Medicine

Get the facts about <u>every</u> medicine you take. When you see your doctor, ask these questions and then write down the answers to each of these questions:

1. What is the brand name and generic (say 'jah-ner-ic') name of this medicine?
Most times, the generic medicines are the same as the name-brand, only cheaper.
2. Why am I taking this medicine?
3. What does it do?
4. What is the dose of my medicine?
5. When do I take this medicine?
6. How much do I take?
7. How long do I take it?
8. Do I take this medicine with food or on an empty stomach?
9. What are the side effects?
10. What do I do if I have a side effect?
11. What do I do if I forget to take my medicine?
12. What do I do in case I take too much of this medicine?
13. Can I take the generic brand?

# TAKE YOUR MEDICINE THE RIGHT WAY



- Take your medicines at the right time of the day.
- Take your medicine for the number of days your doctor says.
- Ask your doctor for a refill at least a week before you run out.
- Before you buy non-prescription or over-the counter medicine, talk with your doctor or pharmacist.
- If you take non-prescription or over-the-counter medicines, follow the directions on the label.
- Check the expiration date on your medicines and throw away all medicines that have expired.

# ✓ How to Store Your Medicine Safely at Home

- ► Keep your medicines in the bottles they came in with the caps on tight.
- If you use a pillbox to help you take your medicine, put in only enough medicine to cover the day or week.
- ► Keep your medicines away from a heater or anything really hot.
- **X** Do not keep your medicines in the sun.
- **X** Do not put medicines in a bathroom cabinet because the heat and steam may make them change.
- **X** Do not store medicines in the refrigerator or freezer unless your doctor or pharmacist tells you to.
- A kitchen cabinet is a good place to keep your medicines as long as they are away from heat and in a place where kids cannot get them.

# **✓** Other Safety Tips

- Do not let other people take your medicines. This can be very dangerous, and it is against the law.
- Use the same pharmacy to buy all of your medicines so your medicine records will all be in the same place.
- If you take more medicine than you are supposed to, call the Poison Center (1-800-222-1222), your doctor, or pharmacist right away. Keep emergency phone numbers close to your telephone.

IMPORTANT PHONE NUMBERS	
Doctor Name	
Phone ————————————————————————————————————	
Doctor Name	
Phone —————	
Pharmacy Phone	
24-hour Pharmac <del>y</del>	
If you have a question or an emergency	,
call the Poison Center 1-800-222-1222	

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Nonprescription Medicines that I Take:	Vitamins or Herbs that I Take:	Medicine Record Form
☐ Cough or cold medicine ☐ Aspirin or other pain reliever ☐ Allergy relief medicine	☐ Vitamins (type)	This form can help you keep track of the medicines you take – vitamins, herbs and prescriptions. Write your medicines down, and take this form with you to the doctor.
☐ Steeping pills ☐ Laxatives ☐ Diet pills ☐ Other	☐ Glucosamine/Chondroitin ☐ St. John's Wort	Name:
Medicines I should NOT take because of bad reactions or allergies:	☐ Ginkgo Biloba ☐ Ginseng ☐ Other	Work Phone:
Prescription Medicines		Blood type:
Name and strength Color What is it for of medicine (exemple) Tetraxcline 250mg white Respiratory Infection	Date began How much to take Do not take with taking and when Amacids or dairy products	Medical Conditions:
		Emergency Contact
		Name:
		Home Phone number:
		Work Phone number:
		Cell Phone number: