Tips for Managing Your Medications Safely

Taking your medications is an important part of helping you to stay healthy. There are three key things to remember:

1. Take your medications as prescribed.
   • Do not skip doses.
   • Never share or take someone else’s medicine.
   • Keep all of your medications in the same place. (They will be easier to find when you need to take your medicine.)
   • Never take medication from a bottle without a label.

2. Be prepared for medical appointments.
   • Create a list of all the medications you are taking and how often you are taking them. Include any over-the-counter medications, vitamins and herbal remedies you are taking. Bring the list to all health care appointments and share it with your health care providers.
   • If you are scheduled to take your medicine at a time when you will be away from home, fill your travel pillbox and take it with you.

3. Ask questions and write down the answers if your doctor prescribes a new medication. Here are some questions you may want to ask:
   • What is the name of the medication and why am I taking it?
   • How many times a day should I take this medicine?
   • For how long should I take this medicine?
   • How should I take this medicine, i.e., with food or milk?
   • Are there any side effects?
   • Is it OK to take this medicine while I am taking certain other medications?

If you have any other questions about your medications, ask your physician, your nurse or pharmacist. Be sure to stay healthy by proactively managing your medications.