

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:

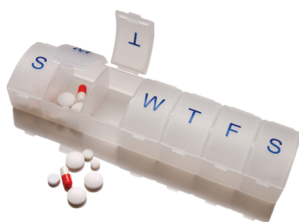
1. Take your medications as prescribed.

- 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.



- Tell your doctor about any allergies you may have.
- Talk to your doctor or nurse as soon as possible if you do not feel well after you take your medicine.

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 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.