HEALTHY LIVING

Take Your Medicine... Safely

Know Your Medicines
Before taking any medicine, you should know why you are taking it and how to take it. Follow your doctor’s instructions for taking the medicine. Ask questions if you don’t understand. Talk to your health care team.

Tips for safe medication use:
• Be sure you are taking the correct medicine
• Be sure the medicine you are taking is for you and no one else
• Take the medicine when and as often as instructed by your doctor
• Take the right amount. For instance, you may need to take two pills at once or one pill two times a day
• Take the medicine the right way. For example, some medicine should be taken on an empty stomach

The More You Know...
Talk to your doctor or pharmacist about how to take your medicine or if you have any questions. Here are some good questions to ask:
• Why am I taking this drug and can I take it with other drugs I’m taking?
• When and how should I take this drug?
• When should I start to feel better or notice any changes?
• Are there any side effects, and what should I do if I have them?
• When should I stop taking this drug?
• What should I do if I use too much?

Always read the label on all your medicine bottles. This includes prescription and over-the-counter (OTC) products. Use the medicine form on the other side of this sheet to help you keep track of all the products you are taking. Take it with you to each office visit and share it with your doctor. Always keep it up to date.
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Over-the-counter (OTC) medicines can be bought without a prescription. These include aspirin and cough and cold products.

Helpful Tips for Safe Medicine Use
To help make sure you are taking your medicines safely, read the list below. Check off the things you do now. Aim to do them all.

☐ Keep drugs in the bottles they come in
☐ Never take someone else’s medicine
☐ Don’t chew, crush, or break capsules or tablets, unless you are told to
☐ Take your medicine with the lights on
☐ Don’t store medicine in a warm bathroom cabinet or in sunlight

My Medicines
My prescription drugs: ____________________________

____________________________________

Nonprescription or OTC drugs I take:
_____ Cold/cough medicine
_____ Aspirin/pain reliever
_____ Allergy medicine
_____ Antacids
_____ Laxatives
_____ Other: ______________________________

Vitamins (including multivitamins), herbals, and supplements I take: ________________________

____________________________________

Drugs I should not take because of bad reactions or allergies: ____________________________

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