

Medication Safety Tips

Because we care about the health and well being of our community we offer the following tips regarding your medications. Attached is a medication list that you can print out, complete and carry with you.

Know Your Medications

- Know the name and doses of your medicines.
- Know why you are taking a medicine and what it treats.
- Read the labels and information attached to your prescriptions to learn more about what you are taking, how and when to take it, potential side effects, etc.
- Know how your medications interact with each other and any nonprescription drugs you may take; including pain killers, cold remedies and alcohol.
- Know what to do if you miss a dose.
- Know if you are allergic to any medicines and report those allergies to any healthcare provider.
- Include any herbal supplements and vitamins you take on your medication list.

Take Your Medicine!

- Always take your medicine in the correct dose. Use the measuring cup that comes with liquid medicines.
- Take capsules or tablets whole, unless otherwise instructed.
- Try and stay on a schedule with your medications and take your medicines at the right time(s).
- Renew your medications in advance so you don't run out.
- Tell your healthcare provider or pharmacist if you have a problem taking a drug for any reason, including the cost, there may be a generic brand available.
- Always check to make sure you got the right medicine from the pharmacy, if you have any questions about it call the pharmacy and verify.
- Ask if lower doses might be helpful depending on your age or any kidney or liver problems.

Keep Your Medications Safe

- Keep your medications out of direct sunlight and heat.
- Keep your medicine out of reach from children and away from pets.
- Keep your medications and those of family members in separate locations.
- Keep medicines in their original bottles.

When You are in the Hospital

- Make sure your health care providers know all the medications you are taking.
- Make sure you report any allergies to your healthcare providers.

- When you are discharged from the hospital, make sure you have a clear understanding of which you will need to take once you leave the hospital.