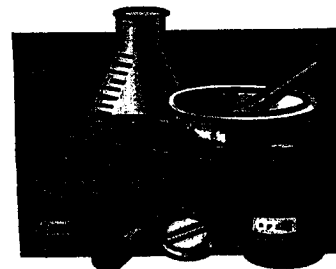


## Guidelines for Safe Medication Use

### General guidelines

- ✓ Learn about your medications
- ✓ Take drugs with or without food as instructed
- ✓ Follow timing and dosage
- ✓ Use memory aid or pill box if needed
- ✓ Don't take expired medications or someone else's meds
- ✓ Keep track of all side effects
- ✓ Have your doctor review your drugs on a regular basis
- ✓ Is there a generic available to cut costs?
- ✓ Take the drug as a last resort – ask your doctor about diet and/or exercise options



**Get all your prescriptions filled at one pharmacy so they will have a complete record of your medications.**



Ask your pharmacist to explain any new medications:

- ✓ when to take them
- ✓ with or without food
- ✓ possible side effects
- ✓ Pharmacist should pick up any drug/drug interactions

**Inform ALL your doctors of your medications and supplements**



- ✓ Bring your medication list including over-the-counter medicines with you to each appointment to review with your physicians
- ✓ Don't assume each doctor is aware of the meds you take
- ✓ One doctor may prescribe a drug that may interact with another drug you are currently taking.
- ✓ Ask about interactions with supplements that you take!