

Taking Medicine Safely



It is important to follow your healthcare provider's directions when you take your medicines. You may want to ask a friend or family member to help.

These tips can help you take your medicines safely.



At your doctor's office

- Make a list of all the medicines you are taking; take it to each doctor visit and share it with your doctor.
- Tell or show your healthcare provider every medicine you take, including herbs, vitamins, and supplements.
- Ask what to do if you miss a dose.
- Ask about the side effects for each medicine you take and what to do if you have a side effect.
- Ask if you should avoid certain foods, drinks, activities, or other medicines.
- Tell your healthcare provider if you are allergic to any medicines.



At your pharmacy

- Check the label on your prescription container or packaging when you pick it up.
- Make sure it has your name and is the right medicine and dose.
- Ask how to take your medicine and if there are any special instructions. Repeat them back to your pharmacist.



At home

- Take each medicine as directed by your healthcare provider. Do not skip doses, cut pills in half, or take extra.
- Make a list of your medicines, how much you take, and how to take them. Keep a copy in your wallet.
- Do not stop taking your medicine unless your doctor tells you to.
- Call your doctor if you have a side effect.
- Read the written information that comes with your medicine. Call your healthcare provider or pharmacist if you don't understand.
- Ask a family member or friend to help you keep track of your medicines.



In the hospital or healthcare setting

- Make sure your healthcare providers check your wristband and ask your name before giving you medicine.
- Make sure you get all of your medicines at the right time. Ask if you are not sure.
- If you are given a new medicine, ask if it is safe to take with your other medicines.
- After you leave, ask the doctor you see regularly to take a look at any new medicine you were given at the hospital.

Ask for help to manage your medicines

If you take the wrong medicine or the wrong dose, it could cause serious health problems. Who can help you ask questions and hear your healthcare provider's instructions? Write their name and number below.

Name:

Phone:

