

AT HOME

- Take only the medicine given to you by your doctor or pharmacist. Do not share other people's medicine.
- Each time you take your medicine, read the label to make sure you are taking it correctly. If you have questions, call your doctor or pharmacist.
- Never take medicine in the dark.
- Do not stop taking the medicine just because you feel better unless your doctor tells you to stop taking it.
- Do not take your medicine out of one bottle and put it in another one.
- Put all of your medicine in a place where children and pets cannot reach it.
- Keep your "My Medicine List" or similar form updated.
- If you take medicine each day, using a compartmented medication box may be helpful.



- Do not keep medicine in the car, by the stove, or in the bathroom, since heat and dampness can affect how it works.
- Check the date on all medicine. Throw away all medicine if the date written on it has passed.
- If you feel that any medicine is making you sick or causing you pain, call your doctor right away.

IN THE HOSPITAL

- When you are admitted to the hospital, take your updated "My Medicine List" or similar form, or bring all of your medicines in the original bottles. Include over-the-counter medicines, vitamins, and herbals.
- Tell your doctor or nurse about any allergies or reactions that you have had to medicine in the past. Also, write these on your "My Medicine List."
- If you feel that any medicine is making you sick or causing you pain, tell the doctor or nurse right away.
- When you are being sent home from the hospital, ask your doctor or nurse to clearly tell you what medicines you should be taking and how to take them. Update your "My Medicine List" before you leave the hospital.

You should never be afraid to ask your doctor, nurse, or pharmacist about your medicines.

Taking an active role in your health care can help prevent medication errors.

AT THE DRUGSTORE

- Take your "My Medicine List" and new medicine prescriptions and refills to the same drugstore. The pharmacist then has a list of your medicines. He or she can make sure that all of the medicines work together and will not make you sick.
- If you use more than one drugstore, make sure each one has a list of all of your medicines.
- Ask the pharmacist the name of the medicine and how you should take it. Make sure that this information matches what your doctor told you.
- Make sure that any refill of the medicine is the same color, size and shape. If there is any difference, ask why.
- If you have ANY questions about your medicine, ask your pharmacist.



AT THE DOCTOR'S OFFICE

- Always take your updated "My Medicine List" or a similar form. This will tell your doctor everything you are taking, including prescription medicines, over-the-counter medicines, herbal medicines and vitamins.
- Tell your doctor about any allergies or reactions that you have had to medicine in the past.

Keep your personal "My Medicine List" updated and in your wallet or purse. Available at www.mocps.org , or by calling 1-888-935-8272

Be ACTIVE In Your Health Care Ask, Check, Tell

Ask your doctor, healthcare professional or pharmacist about

- Your medicine.
- Possible side effects of the medicine.
- What to do if you experience a side effect.
- Possible interactions with other medicines you are taking.
- What to do if you miss a dose or take an incorrect dose.
- If you need laboratory tests you might need to monitor how well the medicine is working.
- Written information about the medicine that you can read at home.

Check to make sure that

- The medicine you get at the pharmacy is the medicine that was ordered for you.
- You know how to take your medicine (how much to take, when to take it and how to take it).
- Medicine ordered online is from a pharmacy that is licensed by the state; in Missouri visit www.pr.mo.gov/pharmacists.asp. More information about online pharmacies is available at www.fda.gov/buyonlineguide/

Tell your doctor, healthcare professional, or pharmacist about

- All medicines you take, prescriptions, over-the-counter and herbal medicines and vitamins.
- Allergies you have and side effects you have had from medicines.
- Problems or concerns you have with your medicine.
- Your pregnancy – to avoid risks to your baby from some medicines.

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What You Need to Know about Your Medicine

TIPS FOR MEDICATION SAFETY

