

# MEDICATION SAFETY TIPS



An updated medication list can help streamline an accurate medication review and reconciliation, especially if there is an emergency and you are unable to speak for yourself. Be sure to include:

Name of the medication  
Purpose  
Dose  
Route  
Time that you take it (AM, Noon, PM)  
Prescribing physician  
List of allergies with reactions  
Pharmacy and location

1

Use the same pharmacy to obtain medications.

2

Carry an updated medication list and update it regularly. See the left for more information on what an updated medication list includes

3

All medications should be secured from others, especially from children and animals. Controlled substances should be locked away.

4

Never share your medications. What might be safe for you, may not be safe for someone else.

5

Never discontinue a medication without speaking with your physician first. There are many medications that require weaning to avoid withdrawal or adverse events. Your prescribing physician should instruct you on how to safely taper/discontinue a medication.

6

Always, take medications as prescribed. If you become ill and are unable to take medications, contact your physician.

7

Pay attention to drug alerts! Some medications have interactions with foods or have special instructions on when and how you should take the medication.

8

If you are experiencing side effects or having an adverse reaction, notify your doctor or pharmacist immediately. If your reaction is life threatening, go to your nearest emergency room or call 911.

9

Ask your pharmacist or physician about using over-the-counter (OTC) medications or supplements with prescribed medications prior to taking. Many medications have interactions, and some have proven to be fatal.

10

Ask questions. If you are having a hard time understanding a medication or something about your medications, please do ask. It can make a difference with your outcomes.

