

# Seniors – Use Your Medicine Safely

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Taking medicine isn't always easy. It can be hard to remember what each medicine is for, how you should take it and when to take it.

## Here are some tips to help you:



Keep a list of every medicine you take (don't forget over the counter medicines). Write down the names of the medicines, the doctor who gave them to you, how much you take and when you take them. Keep one list at home and one in your purse or wallet.

Read and save all of the written information that comes with each medicine.

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Turn on lights, put on your reading glasses and check the label every time before you take any medicine to make sure it's the right one.

Take the exact amount at the times your doctor tells you to.

Check the date and throw away medicine that's out of date.

Call your doctor right away if you have any problems with your medicine.

Never take someone else's medicine or give yours to someone else.

Don't stop taking medicine unless your doctor says you can – even if you feel better.

## At your doctor's office:

Go over your medicine at every visit and when your doctor gives you new medicine. Your doctor may have new information that could be important.

Tell your doctor about past problems you've had with medicines. Your doctor may have new information that could be important.

Ask about the right way to take any medicine **before** you take it.

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1.800.222.1222

## Questions to ask your doctor:

- What is the name of the medicine and why am I taking it?
- What is the name of the condition this medicine will treat?
- How does this medicine work?
- How often should I take it?
- How long will it take to work?
- How will I know if it is working?
- How will I feel once I start taking this medicine?
- When should I take it?
- If I forget to take it, what should I do?
- What side effects might I expect? Should I tell someone about them?



## At the pharmacy:

- Make sure you can read and understand the medicine name and directions on the container. If the label is hard to read, ask for larger print.
- Check the label to make sure you have the right medicine – if you have the wrong medicine, tell the pharmacist right away.
- Keep all your prescriptions at one pharmacy so the pharmacist can check for medicines that might not work well together.

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