

Ask Questions

Medicines can make you feel good, but you must take them the right way.



Your doctor, nurse or pharmacist can help you learn to take your medicines safely.

Ask your doctor about your medicines so you can take them the right way.

What is the name of the medicine?

Refer to _____

Why am I taking this medicine?



How much should I take and when should I take it?

Morning _____

Noon _____

Evening _____

Bedtime _____



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This guide to safe medication use was prepared by the Ohio Patient Safety Institute.





How many days do I take it?

What bad things can happen from taking this medicine? (side-effects)

Are there any foods or drinks I should not have while taking this medicine?

Should I stop taking any vitamins, herbals and home cures, such as garlic and ginkgo?

Talk With Your Doctor

Tell your doctor about other medicines, vitamins, herbals or home cures you take.

Tell your doctor about any problems with your medicines.

Tell your doctor about your allergies.



Organize Your Medicines

Fill out a health card with the names of your medicines, herbal and over-the-counter products. Write down how much you take and when you take them and share with pharmacists and physicians at each visit.

Write down all medicines so others can help you in an emergency.



Keep medicines in the original bottles, unless directed by your doctor or pharmacist.

Take Action!

Call your doctor's office with questions.

Phone: (_ _ _) _ _ _ - _ _ _ _



Get help right away if you have itching, swelling or breathing problems or call **9-1-1**.

Use the same pharmacy so the pharmacist has a copy of your medicines.

Storage

1. Store your medicines in a dry place.
2. Keep them away from heat or sunlight.
3. Do not store them in a bathroom, over the stove, or in the car.
4. Keep your medicines away from kids and pets.
5. Do not share medicines with others.
6. Check with the pharmacist for appropriate disposal of your expired or unused medicine and containers.
7. Cross out your name and throw empty containers in the trash.