Medication Safety Tips

Only start, stop, or change medicines with your doctor's approval.

Throw away <u>every</u> out-of-date medicine.

Organize <u>every</u> medicine using a medicine container system such as a daily pillbox.

Keep a list of <u>every</u> medicine you take:

* Prescription   *Over the counter
* Herbal   *Supplement
* Inhaler   *Patch

Take your medication list to <u>every</u> medical visit including to doctors, hospitals, dentists or clinics.

To help prevent problems with medicine interactions:
- Make sure your primary doctor knows <u>every</u> medicine you take and <u>every</u> pharmacy you use.
- Use one pharmacy. If not possible, make sure your primary pharmacy has a copy of your complete medication list.
- Ask your pharmacy about medication interactions.

Change your medication list <u>every</u> time your medicines change.

Name one person besides yourself who will stay up-to-date on <u>every</u> one of your medicines and medication list.

Be able to answer these questions about <u>every</u> one of your medicines:

1. What is the name of this medicine?
2. Why am I taking this medicine?
3. How do I take this medicine?

For example:
"I take one pill 3 times a day by mouth."

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Medication List

Allergies

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At Columbus Regional Hospital, <u>every</u> person's safety is at the top of our list. **Every** time you get medical care, tell us **every** medicine you use.

Med Name	Dose	How Often	Why Taking

*Bring medication list to all medical appointments.

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