



Medications and Doctor Visits

- **Bring your medication list to every visit you have with every doctor you see. Your Medication List should include:**
 - Your allergies/adverse reactions
 - Name of medicine and dosage
 - How often you take the medication
 - Special instructions on how to take medication
 - Reason for taking the medication
 - Lab work and/or home monitoring associated with medication
 - Name of doctor prescribing medication
- **Tell your doctor about ALL over-the-counter medications, supplements, and herbs you take (including vitamins).**
- **Report ALL drug allergies or reactions to your physician(s) and pharmacist.**
- **When your doctor prescribes a new medication ASK:**
 1. What is this medication for?
 2. How should I take this medication?
 3. What are the side effects?
 4. What to do if you are having a problem with the medication?
- **Keep your medication list up to date –**
 - Add new prescriptions and supplements
 - Remove medications you no longer take

Taking Medications as Directed



- ✓ Daily = once a day, every morning OR every evening
- ✓ Twice a day (BID) = every 12 hours
- ✓ Three times a day (TID) = every 8 hours
- ✓ As needed (PRN) = take as directed by your doctor



Taking Medications as Directed

- Do NOT crush, chew or break tablets/capsules (unless instructed to do this)
 - Follow special directions on how to take your medication (such as “take with food”)
 - Only use medication for its original purpose.
 - Read all labels on pill bottle.
 - Do not mix pills with food unless otherwise indicated.
 - Take medication with a full glass of water (8 oz).
 - Do not take your pills with a hot beverage and/or alcohol.
 - Do not take vitamins at the same time as your prescription medication.
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Medication Safety

- Do NOT share your medication with anyone else.
- Fill all medication at one pharmacy, if possible.
- Check if pharmacy will fill weekly pillboxes
- Ask pharmacy to color-code your pill bottles.
- Ask pharmacy to make labels in large print.

Storing Medications

- Store medication in a dry area and out of direct sunlight.
- Store medication at room temperature, unless directed to refrigerate.
- Keep medication out of reach of small children.



Questions? Call your doctor or pharmacist when you:

- Miss a dose
- Experience side effects
- General questions