

Ask questions about your medicine...

- What is the name of the medicine and what is it supposed to do?
- How and when do I take it?
- What foods, beverages, other medicines or activities should I avoid while taking this medicine?
- Are there any side effects, and what should I do if they occur?
- Is written information available about this medicine?
- Know what you are allergic to and what reactions you have had, and share this information.

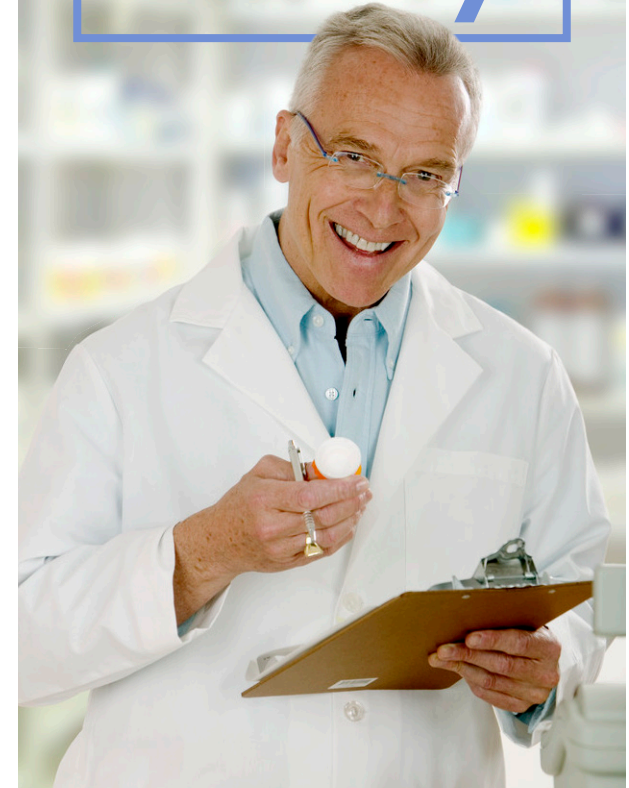
Medication Safety List Insert Here

Your Guide to Medication Safety is presented by...



For additional copies of this flyer and/or blank medication cards, contact:

your guide to
**medication
safety**



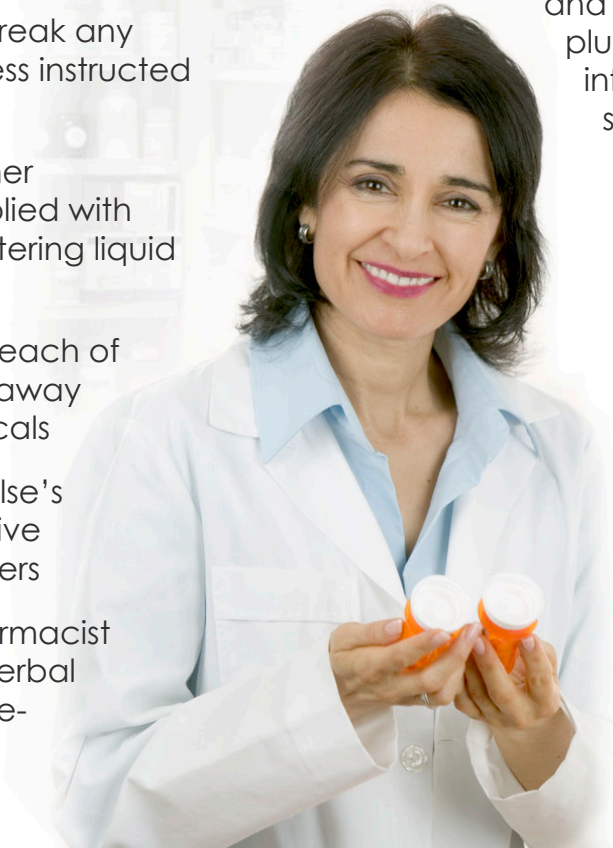
presented by
**Eastern Maine Medical Center,
Penobscot Community
Health Care**
and
St. Joseph Healthcare



Take the time to learn about your medicines. Talk with your doctor, pharmacist, nurse or other healthcare providers to get the information you need.

Take an active role in medication safety

- Read the label every time you take your medications, and follow instructions carefully
- Don't chew, crush or break any capsules or tablets unless instructed by your physician
- Use only the cup or other measuring device supplied with the drug when administering liquid medications
- Store medicine out of reach of children and pets and away from household chemicals
- Never take someone else's medicine, and never give your medication to others
- Ask your doctor or pharmacist about using vitamins, herbal supplements or over-the-counter drugs



Your Medication Card

The enclosed card helps you keep an accurate personal health record. On it, list your medicine and supplement use, plus other health information. We suggest you **write clearly and in pencil**, so you can keep the card updated. **Always carry it with you**, in your wallet or purse. **Share it with all health care providers** when you see them.

Using your Medication Card

List everything you take, including:

- Prescription medicines
- Over-the-counter (OTC) products
- Dietary supplements
- Herbal remedies
- Eye drops
- Inhalers
- Oxygen
- Creams/ointments



List how much (dose) and when you take each medicine

Carry the card with you at all times

At your doctor's office, present the card for updating

At the pharmacy, ask your pharmacist to review the card when a new prescription is added

At the hospital, ask your nurse to review the card when you are admitted and again when you are discharged

Keep your card up to date. This is very important.

Reminder:

Whenever you add or stop taking a prescription or other medicine, be sure to update your Medication Card.