

MEDICATION SAFETY

Medication safety starts at the doctor's office. The information the doctor gives about medication will help keep you safe in the car, the home, and at work.

TALK WITH YOUR DOCTOR ABOUT:

- How much to take. How to take it.
- How long to take it.
- What to do if you forget to take the medication.
- Ask about side effects.
- Ask what to do if side effects occur.

Tell your doctor about the medication you take. – Be sure to include **prescription drugs, vitamins, and natural remedies such as herbal products.** Make sure you can read all prescriptions the doctor writes for you.

AT HOME:

- Take your medication only as prescribed – No more/no less.
- Never take someone else's medication.
- Be aware of any side effects or bad reactions (dizziness or nausea). Call the doctor or the pharmacy if you are not feeling well.
- Keep medications in the original container.
- Do not wait until the last minute to refill prescriptions.
- Make a complete, up to date list of all medications.
- Keep copies at home, in your wallet, thank about giving a copy to a family member or good friend.
- Prepare for emergencies – Try to keep extra medication in case of an earthquake.

REMEMBER THE 5 RIGHTS

- Right person
- Right medication
- Right dose
- Right time
- Right route (oral, etc.)



AT THE PHARMACY:

- Make sure you get the correct medication.
- Read the label on the medication to make sure the instructions and dosage are the same as the doctor ordered.
- As for written information about each medication.

HOW DO MEDICATIONS AFFECT DRIVING ABILITY?



REACTIONS TO MEDICATIONS MAY INCLUDE:

Sleepiness – blurred vision – dizziness – slowed movement
fainting – inability to focus or pay attention – nausea

WHAT TO DO?

Talk to your doctor. Your doctor may be able to:

- Adjust the dose
- Adjust the time of doses or when you take the medication
- Add an exercise or nutrition program to lessen the need for medication.
- Change medication to one that causes less drowsiness.