



SENIOR HEALTH

Medication

DO'S AND DON'TS

DO:

- take the exact dosage at scheduled times prescribed by your doctor.
- talk to your doctor or pharmacist if you have any questions or concerns about your medication.
- tell your doctor about any past problems with medications (dizziness, rashes, indigestion, lack of appetite, etc.).
- keep a daily record of the medications you're taking.
- ask your pharmacist for easy-to-open containers if childproof containers are too difficult for you.
- ask your doctor or pharmacist about side effects. Ask if there are any foods or beverages you should avoid.
- ask your pharmacist for written information about your medications.
- ask your pharmacist to use larger type if you can't read the label on the container.

DON'T:

- take someone else's prescription.
- take medications that have expired.
- assume that over-the-counter medications aren't harmful if taken incorrectly.
- double up on your medication when you forget to take a dose.
- wait to contact your doctor if you have an adverse reaction.



KEEP A RECORD

Make up a daily record showing the name of the drugs you're taking, your doctor's name, the amount you take and the times of day you take each. Leave a space to check off each dose as you take it. Many pharmacies sell inexpensive pill holders that are divided into days or hours.