

Use Your Medicines Safely

Provided by your Neighborly Care Network Dietitian

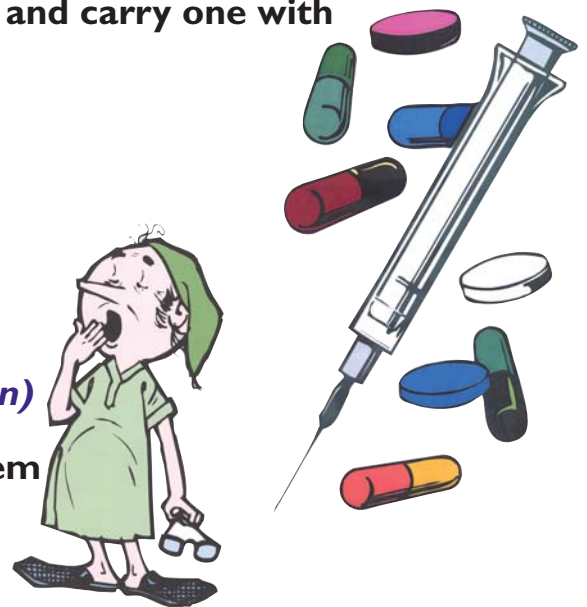
Medicines can help us feel better. But they can also harm us if they are not used right. To use your medicines safely, keep in mind the following tips:

- Make sure your doctor and pharmacist always know all the medicines you are taking.
- Fill all of your prescriptions at the same pharmacy.
- Make sure you can read the medicine label and understand the directions.
- Keep a record of all the medicines you take.

Keep a copy of your record in your medicine cabinet and carry one with you. Write down:

- *Name of the medicine*
- *Reason you take it*
- *When you take it*
- *How much you take*
- *How long you need to take it*
- *Any side effects (like sleepiness or constipation)*

- Call your doctor right away if you have any problem with your medicines.
- Check the expiration date on medicine bottles.
- Ask your doctor or pharmacist if you should take your medicines with or without food.
- Do not take more or less than the prescribed amount of any drug.
- Never take someone else's prescription medicine. Medicine prescribed by a doctor is not meant to be shared. It may work for one person, but be dangerous for someone else.



To learn more about using medicines safely:

- Call the Food and Drug Administration through its toll-free number: 1-888-463-6332.
Or visit www.fda.gov.
- Contact the AARP Pharmacy Service at:
1-800-456-2277.
Or visit www.aarppharmacy.com.
- Visit the American Pharmaceutical Association's Web site at: www.pharmacyandyou.org.

If you have any questions about your medicines, ask your doctor or pharmacist! You need to have information about your health and medicines in language you can understand.