

Practice medication safety at home



Tips for adults

- **Keep a list.** Keep a list of your medicines, vitamins, and other supplements. Make sure your doctor knows about all the medicines, vitamins and other supplements you take.

List all medicines that you take. Including herbal and vitamins. Update your list. Cross out old medicines							
Medicine name	Strength	How much	How often when	Date		Reason for taking	Who prescribed
				start	stop		
Amlodipine	5mg	1tab	Once a day	Jan 2019		Hypertension	Dr. Doe
Calcium, magnesium Vit D3, Zinc (Osteocare)		2 tabs	Once a day	Mar 2020		Bone health	Over the counter

- **Follow label directions.** Take medicines as directed on the label or as instructed by a doctor or pharmacist/pharmacy technician.
- **Take medicine on time.** Some medicines should be taken with meals or during a certain time of day (e.g., bedtime). Set timers or reminders to help you remember to take your medicines. You can also use devices like a pillbox
- **Turn a light on.** Turn on a light when taking medicines so you don't misread the label and make a mistake. If you wear eyeglasses, put them on as well.
- **Ask questions:** If you do not understand label instructions, talk to your pharmacist/pharmacy technician or doctor before taking the medicine.
- **Get the tests you need:** Keep up with any blood testing suggested by your doctor