



## MEDICATION SAFETY GUIDELINES FOR SENIORS

1. Keep a list of your prescription and non-prescription medications including over-the-counter, herbal, vitamin and dietary supplements, and home remedies. Include drug name, and instructions. Use the Universal Medication List.
2. Monitor yourself for changes in your body or the way you feel, such as dizziness, changes in bowel habits, or confusion. These symptoms may be side effects of your medications.
3. Take your medications with you to every doctor visit (prescription and nonprescription meds). Tell your health care provider how you actually take your medications, even if it differs from the instructions on the label.
4. Take notes during your doctor visits. Write down the doctor's instructions for your treatments and questions you have. Repeat instructions back to your physician to let him know you understand. Ask about and note the risks and benefits of each medication you take. Consider bringing a friend or family member to your doctor visits.
5. Use one pharmacy for all your prescriptions so the pharmacist can keep track of potential drug interactions, especially if you are seeing more than one doctor.
6. Make sure you understand the directions for your prescription. Look at the medicine and question unexplained changes in size, color, taste, markings, amount, or dose. Ask for written information about the medicine.
7. If you are unsure if you are using your medication correctly or are unclear about its effects, never hesitate to ask your doctor or pharmacist. Take part in your treatment decisions!