

Safety Tip of the Week

Medication Management Do's & Don'ts

AFRH

Safety Office reminds you that taking medications correctly helps you manage your illness. If your medication routine is too complicated, ask your doctor or pharmacist to help you simplify the process.

10 Tips to help prevent medication errors:



1. **Make a list** of your medications and keep it up to date. Check your list with your doctor or pharmacist at each visit.
2. **Use one pharmacy.** This lets the pharmacist check for potentially harmful interactions between medications.
3. **Only take your own medication.** Do not take any medicine prescribed to someone else.
4. **Follow the directions on the label.** Get in the habit of checking the label to verify the name of the medicine prescribed to you, the amount you are supposed to take and when you are supposed to take it.
5. **Do not double your dose** if you miss a dose.
6. **Do not increase, decrease or stop taking your medications** just because you feel better. Check with your doctor, pharmacist or nurse first.
7. **Do not take any additional medications or supplements**, including over-the-counter medications like cough or allergy medicine, without calling your doctor, pharmacist or nurse first.
8. **Use a pillbox.** This will prevent you from missing doses.
9. **Keep all medications in one area and follow the instructions** on the label on how to store the medication.
10. **Take medicines at the same time each day.** Set a reminder system or ask a friend or family member to remind you to take your medicine.

