



Medication Safety

1. Know Your Medications

- Know the names of your medications and what each is for.
- Keep an up-to-date list of all your medications, including prescriptions, over the counter medications, vitamins, herbal remedies, etc.
- Review ALL your medications every 6-12 months with your health care provider, specialist or pharmacist. Include all prescriptions, over the counter medications, vitamins and herbal remedies.

2. Take As Directed

- Take medication as directed. Talk to your health care provider or pharmacist about stopping any medication.
- Talk to your health care provider or pharmacist before adding new medications, vitamins or supplements to your routine.
- Do not share your medications with others.
- Store medications in a dry place, not in the bathroom or over the stove.
- Only store medications in the fridge if directed.
- Store medications in a location that is not accessible to others.

3. Side Effects

- Monitor how you feel after taking medications. Everyone is different and may have different side effects.
- Use one pharmacy. It's easier to keep track of medications and any potential interactions if you use the same pharmacy.
- Take your medication with water. Some foods and beverages can change the effects of the medication.



Stay Active, Stay Independent and Stay On Your Feet!

For more information on medication safety, call:

Stay On Your Feet Nipissing: 705-474-1400

Stay On Your Feet Parry Sound: 705-746-5801

Toll-free: 1-800-563-2808



4. Alcohol Does Not Mix Well With Prescription and Over the Counter Medications

- Alcohol can make medications less effective or toxic.
- Mixing alcohol with some medications can give you nausea, vomiting, headaches, make you drowsy or lose coordination.
- Taking medications with alcohol can increase your risk of heart problems, internal bleeding and difficulties in breathing.

What to Ask Your Health Care Provider

- What is the name of the medication?
- Why do I need to take this?
- What are the side effects?
- What side effects should I tell you about?
- Will I need a refill?



What to Ask Your Pharmacist

- How do I take this medication?
- When is the best time to take this medication?
- What should I do if I miss a dose?
- Where can I store this medication?
- Can I drive a car while taking this medication?
- Can I get a MedsCheck?
- Does this interact with any of my other medications?



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