

WHAT TO KNOW ABOUT EACH MEDICINE YOU TAKE

- What is the name of this medication?
- What is it supposed to do?
- How often and what time should I take it?
- How much of it should I take each time?
- Should I take it with food? Liquids?
- How long should I take it?
- What should I do if I miss a dose?
- Are there any side effects? What should I do if I have any?
- Is it safe to take with other medicine that I am taking, including over-the-counter medicine, vitamins, or herbs?
- What food, drink or activities should I avoid while taking it?



Take charge of your care. Prevent medication errors!

To learn more about medication safety and what your Texas pharmacist can do for you, visit the Texas Pharmacy Association web site at www.rxpert.org. You can download and print out a Universal Medication Form as well as check out a variety of helpful articles and links about Smart, Healthy Living.



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What You Need to Know
for the Safe, Effective Use
of Your Prescription Drugs

A Smart, Healthy Living
Initiative of the

Texas Pharmacy
Association

AT HOME

- Take medicine only if it is given to you by your doctor or pharmacist. Do not take other people's meds.
- Until you are very familiar with your medicine, read the label each time you take it. If you have any questions, call your doctor or pharmacist.
- Pay careful attention to how you are feeling while you take any medication. If you feel pain, nausea or any discomfort, call your doctor right away.
- Stop taking a medication only if your doctor or pharmacist tells you to. Never stop taking a prescription drug simply because you feel better.
- Never put medicine in another bottle with a different label on it. Keep all of your medicine in a place where children and pets cannot reach it.



- Keep your **Universal Medication Form** updated.
- If you take multiple medicines and/or supplements daily, a divided medication box may make it easier for you to keep track of them all.
- Do not keep your medications in your car, bathroom or next to any source of heat. Exposure to heat and dampness can reduce their effectiveness.
- Check the expiration date on all medicine. Throw it away if the date on the bottle has passed. Do not flush unused meds or pour them down the drain.

AT THE HOSPITAL

- When you are admitted to the hospital, be sure to bring your updated **Universal Medication Form**.
- Be sure to tell your doctor or nurse if you have experienced any drug-related allergies or reactions in the past. Be sure to list those reactions on your **Universal Medication Form**.
- If you feel that a medicine is making you sick or causing you pain or discomfort, tell the doctor or nurse right away.
- Before you leave the hospital, ask your doctor or nurse what medicines you should take and how long you should take them. Make sure you receive an updated **Universal Medication Form** before you leave the hospital.



AT THE DOCTOR'S OFFICE



AT THE PHARMACY

- Take all prescriptions and refills to the same drugstore so your pharmacist can keep track of all your medicines and make sure they work together
- If you must use more than one drugstore, provide each one an up-to-date list of all your medications.
- Ask the pharmacist the name of the drug and how to take it. **Make sure this information matches what your doctor told you.**
- When you refill any prescription, make sure the medicine is the same color, size and. If there is a difference, ask why.
- If you have **ANY** questions, ask your pharmacist.



Never Be Afraid to Ask Your Doctor, Nurse or Pharmacist about Your Medications.

SPEAK UP!

Your Health Is Too Important!