

What I need to know about each medicine that I take

- What is the name of each medicine?
- What is it for?
- How much of it should I take each time?
- How should I take it?
- Should I take it with food?
- 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 herbals?
- What food, drink, or activities should I avoid while taking it?



- ❖ Taking an active role in avoiding problems with your medications.
- ❖ Maintain you personal **Medication Information Form** and keep it in you wallet or purse for easy access.



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EDUCATE BEFORE YOU MEDICATE WHAT YOU NEED TO KNOW ABOUT YOUR MEDICINE



AT HOME

- Take only the medicine given to you by your doctor or pharmacist. Do not share your medicine with other people and do not take other people's medicine.
- Each time you take your medicine, read the label to make sure you are taking it correctly. If you have questions, call your doctor or pharmacist.
- Never take medicine in the dark.
- Do not stop taking the medicine just because you feel better unless your doctor tells you to stop taking it.
- Do not take your medicine out of one bottle and put it in another one unless placing into a day-by-day dispenser.
- Put all of your medicine in a place where children and pets cannot reach it.
- If you take medicine each day, using a compartmental box may be helpful.
- Do not keep medicine in the car, by the stove or in the bathroom, since heat and dampness can affect how it works.
- Check the date on all medicine. Throw it away if the date written on it has passed.
- If you feel that any medicine is making you sick or causing you pain, call your doctor right away.



IN THE HOSPITAL

- When you are admitted to the hospital, take your updated **Medication Information Form**, or bring all of your medicines in the original bottles. Include over-the-counter medicines, vitamins and herbals.
- Tell your doctor or nurse about any allergies or reactions that you have had to medicine in the past. Also, write these on your **Medication Information Form**.
- When you are being sent home from the hospital, ask your doctor or nurse to clearly tell you what medicines you should be taking, and how to take them.



You should never be afraid to ask your doctor, nurse or pharmacist about medicines.

Your health is too important!

SPEAK UP!

AT THE DRUGSTORE

- Take new medicine prescriptions and refills to the same drugstore. The pharmacist then has a list of all your medicines.
- He or she can make sure that all of the medicine works together and will not make you sick.
- If you use more than one drugstore, make sure each one has a list of all your medicine.
- Ask the pharmacist the name of the medicine and how you should take it. Make sure that this information matches what your doctor told you.
- Make sure that any refill of the medicine is the same color, size and shape, if there is any difference, ask why.
- If you have any questions about your medicine, ask your pharmacist.



AT THE DOCTOR'S OFFICE

- Always take your updated **Medication Information Form**. This will tell your doctor everything you are taking, including prescription medicines, over-the-counter medicines and herbals.
- Tell your doctor about any allergies or reactions that you have had in the past.

