

Patient Safety News

A Quarterly Update

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10 ideas to help manage your medications safely

1. Always bring a complete list of your medications to your medical provider or physician. This would include your dentist too. Keep it updated.
2. If you live alone, keep a current list on your refrigerator so that emergency personnel can have easy access to your drug history.
3. Don't take for granted that you can crush your medications. Ask your pharmacist first!
4. If you take herbal or over the counter medications, make sure your physician is aware.
5. NEVER BORROW OR LEND MEDICATIONS to or from another individual.
6. Store medications in a cool dry place, away from children. The temperature and humidity in a medicine cabinet in the bathroom makes this a poor location for medications.
7. If you are not clear about the directions for your medications, ask your physician or pharmacist. For example if you are told to take your medications "four times a day", ask the next question... How many hours apart?
8. Some tablets can be cut in half...others should never be cut...ask your pharmacist!
9. Never co-mingle medications in the same vial. Keep them separate.
10. If you have trouble managing your medications on a daily basis, seek help from someone to set up your medications for a week at a time.

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