Medication Safety Tips

Only start, stop, or change medicines with your doctor’s approval.

Throw away every out-of-date medicine.

Organize every medicine using a medicine container system such as a daily pillbox.

Keep a list of every medicine you take:

- Prescription
- Over the counter
- Herbal
- Supplement
- Inhaler
- Patch

Take your medication list to every medical visit including to doctors, hospitals, dentists or clinics.

To help prevent problems with medicine interactions:

- Make sure your primary doctor knows every medicine you take and every pharmacy you use.
- Use one pharmacy. If not possible, make sure your primary pharmacy has a copy of your complete medication list.
- Ask your pharmacy about medication interactions.

Change your medication list every time your medicines change.

Name one person besides yourself who will stay up-to-date on every one of your medicines and medication list.

Be able to answer these questions about every one of your medicines:

1. What is the name of this medicine?
2. Why am I taking this medicine?
3. How do I take this medicine?

For example:
“I take one pill 3 times a day by mouth.”
At Columbus Regional Hospital, every person’s safety is at the top of our list. Every time you get medical care, tell us every medicine you use.

<table>
<thead>
<tr>
<th>Med Name</th>
<th>Dose</th>
<th>How Often</th>
<th>Why Taking</th>
</tr>
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</table>

*Bring medication list to all medical appointments.*