

## Questions FOR YOUR MEDICATION CHECKLIST



Do you remember to always take your list of medications to show your primary doctor or specialist, family member, or friend? Always update your medication information.

Will your new prescription work safely with other medicines being taken, including over-the-counter medicines, vitamins, and herbal remedies?

Are there any foods or drinks that should be avoided while taking a medication? Read the drug information page that comes with your prescription for correct dosage, when to take medication, how long to take the prescription and if you should take the drug on an empty stomach or with food.

If you miss a dose, what are your options?

If cost is a concern, is there another medication that costs less and works the same? Can a generic version be prescribed?

Did you check the expiration date on your medicine label to make sure that the medicine is still effective? Check the label on your medicine. Is your name listed and are the correct directions prescribed for you?

Do you organize your medications to help you to remember to take them? Purchase an inexpensive pillbox/electronic dispenser and make sure that none of those medications need to remain in the original packaging.

Did you know that medication mismanagement for older adults is a serious health concern? Seniors run twice the risk of ending up in an emergency room with drug-related safety issues, usually because they use more medications than other age groups.

Always remember to discard expired medications.



A Public Awareness Program  
brought to you by  
The Senior Umbrella Networks<sup>SM</sup>  
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[www.seniorumbrella.org](http://www.seniorumbrella.org)

## Do's & Don'ts to MANAGING MEDICATION



**DO** talk with your doctor about your medical history and prescriptions. Show him your list of medications and discuss any updated medical information.

**DO** follow your doctor's directions and use your medication as prescribed.

**DO** ask your doctor if taking this prescription means to stop taking other medications.

**DO** ask your doctor the correct way to take your medications: whole, crushed, with food or water, on an empty stomach or at the same time each day.

**DO** ask your doctor how long this medication will need to be taken, the frequency and what possible side effects may occur.

**DO** ask your doctor what foods or drinks to avoid and what to do if a side effect occurs.

**DO** ask your doctor if you can drive while taking this medicine.

**DO** ask your doctor whether you need blood tests, x-rays or other lab tests to check if the medication is working to potential.

**DON'T** take drugs not prescribed to you.

**DON'T** take half doses to extend prescriptions, even if the medication is expensive.

**DON'T** stop taking prescribed medicine because your symptoms go away.

**DON'T** use alcohol while taking medication unless your doctor says it is okay.

**DON'T** be afraid to contact your healthcare provider or pharmacist if you have questions.

