



READ THE LABEL

Before you take any medicine, read the label.



? *It should show:*

LIST OF INGREDIENTS

If you know you are allergic to anything in the medicine, don't use it. Ask for a different medicine.

WARNINGS

Read these carefully, and take note.

THE EXPIRATION DATE

Do not use a medicine after the date on the bottle. It may not work as well.

KEEP A RECORD

Make a list of the medicines you take, including vitamins, and keep it with you.



? *Things to write down:*

WHAT IS THE MEDICINE'S NAME?

HOW MUCH SHOULD I TAKE?

HOW LONG SHOULD I TAKE IT?

ASK QUESTIONS

Talk to your doctor or pharmacist about your medicines.



? *Good questions to ask:*

IF I FORGET TO TAKE IT, WHAT SHOULD I DO?

SHOULD I TAKE THIS ON AN EMPTY STOMACH OR WITH FOOD?

WHAT PROBLEMS SHOULD I WATCH FOR?

AVOID PROBLEMS

Medicines can cause problems or side effects, such as sleepiness, headaches, or rashes. Ask your doctor or pharmacist about possible side effects.



? *To avoid problems:*

ORGANIZE YOUR MEDICINES.

DON'T SKIP TAKING YOUR MEDICINES.

DON'T SHARE MEDICINES.



MY MEDICINES

Take Time To Care For Yourself,
For Those Who Need You.

- NEVER share medicine with others; this is dangerous
- Keep medicines up and away and out of sight. Consider a locked box or cabinet for storing narcotics
- Make a list of your medicines and keep it in your wallet or purse
- Always take the full prescription of an antibiotic even if feeling better. This helps to prevent antibiotics from not working as you get older
- Dispose of unused medications at local approved sites. Often these are police or county court houses. <http://www.cambriacountydrugcoalition.org/rxdrop/>

AVERAGE PRESCRIPTION DRUG USE ^[1]

AT LEAST 1

Adults, Per Week

 **82%**

5 OR MORE

     **29%**

NATIONAL SPENDING ON PRESCRIPTION DRUGS ^[2]

\$234.1 BILLION

WOMEN WHO SHARE DRUGS ^[3]

29% Of women have borrowed someone else's prescription drug.

Medication Mistakes

Every year 2.5 billion prescriptions are filled by pharmacies and 3.75 billion drugs are administered at hospitals. Every year approximately 1.5 million people suffer injuries because of prescription errors.

? *To avoid getting the wrong prescription:*



Confirm the name of your medication.



Ask questions about how to use the medication.



Understand what your medication treats.



Read labels and follow instructions.



Tell your health care providers what medicines you take.



Keep a list of your medications.



Follow your medicine schedule.



Keep medicine in its original container.



Inspect your medicine to determine whether it looks or smells different.

1. Sloane Epidemiology Center, Boston University, 2006
2. Centers for Medicare & Medicaid Services, National Health Expenditure Accounts, 2008
3. Petersen EE, Rasmussen SA, Daniel KL, Yazdy MM, Honein, MA. Prescription Medication Borrowing and Sharing among Women of Reproductive Age, Journal of Women's Health. September 2008, 17(7): 1073-1080.