

MEDICATION DO's AND DON'Ts

1. **DO** read the label carefully including the prescription label or any label that comes on the vitamin/nutritional supplement, herbal product or non-prescription medication.
2. **DO** tell your doctor and pharmacist about any drug or food allergies or sensitivities that you have.
3. **DO** take your medication exactly as it is prescribed.
4. **DO** make sure that each of your doctors has a complete list of all your medications including prescription, over-the-counter, vitamins, nutritional supplements and herbals products.
5. **DO** consider using one pharmacy for all your medications so the pharmacist can help you to keep track of your medications and screen your medications for drug interactions.
6. **DO** ask your doctor or pharmacist to help you make a schedule to use to take your medications daily so you will know what medications to take at what time of day and whether you should take medications together.
7. **DO** make sure that everyone you live with knows what medications you take and when you are supposed to take them.
8. **DO** use a medication reminder or pill organizer to manage your medications if you have difficulty remembering to take your medications or to help make sure you take them properly.
9. **DO** keep track of any side effects that you may be having and notify your doctor immediately.
10. **DO** go through your medicine cabinet at least once a year and discard expired medications and those that you are no longer using.
11. **DO** review all of your medications with your doctors at least once a year.
12. **DON'T** take anyone else's medications and **DON'T** share your medication with others.
13. **DON'T** combine prescription and over-the-counter medications or herbal or vitamins/nutritional supplements without first checking with your doctor or pharmacist.
14. **DON'T** stop taking a medication or change how you much you take or how often you take it without first checking with your doctor.
15. **DON'T** use medications beyond their expiration date.
16. **DON'T** crush, break or chew tablets or capsules unless your doctor or pharmacist says it is okay. Some medications don't work unless they are swallowed whole. If you cannot swallow a medication, ask your pharmacist or doctor if there are other dosage forms that you could use.