

Mind Your Medicines



Tri-Cities Patient Safety Coalition

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You have taken an important step toward good health.

Every day, millions of Americans rely on medications to feel better and get well. But sometimes medications can interact with other substances or other medications, including natural herbs - and have dangerous results. In fact, thousands of people die each year as a result of not taking their medications properly.

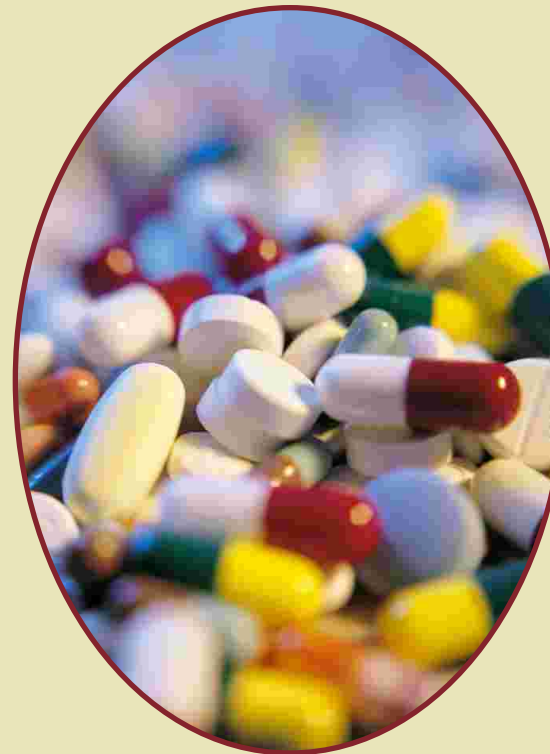
We realize that it can be hard to remember all the medications you are taking - not to mention all the foods, alcohol, supplements and other medicines that might cause a harmful reaction. That is why we have created this brochure and wallet card to help you "Mind your Medicines."

We hope you will keep track of your prescriptions and prevent dangerous errors.



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For your health and safety, you should know and record answers to the following questions:

- What are the brand and generic names of the medicine I currently take? Can I use the generic form?
- What is the medicine for and what effect should I expect?
- Does this drug replace any other medicine I have been using?
- How and when will I use it, what amount should I take and for how long? What should I do if I miss a dose?
- Should I avoid any other medications (prescription or over-the-counter), dietary supplements, drinks, foods or activities while using this drug? Could there be interactions?
- When should I notice a difference or improvement? When should I report back to the doctor? Will I need to have any testing to monitor this drug's effects?
- What are the possible side effects? What should I do if a side effect occurs?
- How and where do I store this medicine? Where can I get written information about this medicine?

