

Medication Management

Medication Safety Tips for Seniors



Medication Safety Tips

1. Make it easy to see your medication:
 - Wear glasses
 - Use a magnifier
 - Use strong lighting
 - Ask for large print labels
2. Create a routine for taking medications at the same time as another daily event, such as mealtime or bedtime.
3. Create a way to remember when doses of medicine have been taken. Ideas include:
 - Pill reminders with spots for four doses per day
 - Pill timers that beep when it's time for a dose
 - Write dose times on a calendar and make a check mark after each dose is taken

Questions to Ask Your Doctor about New Medications

- What is the name of the medication?
- What am I taking it for?
- Are there any side effects?
- How long will I be taking this medicine?

Questions to Ask Your Pharmacist about New Medications

- Is the medicine taken with food or on an empty stomach?
- Should certain food, drink or other drugs be avoided?
- Is an easy-opening cap available?
- Is a large print label available?

Facts about Herbal Products and Herbal Supplements

1. Herbal products are **NOT** tested by the U.S Food and Drug Administration for safety and effectiveness. This means that it is not known if an herbal will help or harm someone your age, with your disease or taking your medications.
2. Taking certain herbals with prescription drugs can cause interactions. This means that one drug can counteract the other, making it ineffective.



POISON CONTROL
1-800-222-1222

The poison control hotline is **open 24 hours a day, 7 days a week.** All calls are **free** and are answered by registered nurses.

When to call Poison Control

- If the wrong pill is swallowed
- If too many pills are taken
- If chemicals are swallowed, inhaled or splashed in the eye
- If a child takes a seniors' medication
- If illness occurs from medication side effects or interactions

