MEDICATION SAFETY
Pittsburgh Poison Center

STAY INFORMED

♦ Keep a list of all current medications and prescriptions.
♦ Review your list of medications/prescriptions with your doctor at each visit.
♦ Talk with your doctor or pharmacist before you add any over-the-counter drugs.
♦ Use the same pharmacy to fill all of your medications/prescriptions.

BE ORGANIZED

♦ Keep all of your medications and over-counter-drugs in the same place. PLEASE keep them up and out of reach of small hands.
♦ Keep medications in the original bottles so that directions are clear.
♦ Use memory tips such as pill box, calendar, or chart to help ensure that you take your medications as directed.
♦ Sort all medications for the week at one time to make it easier to keep track.
♦ If more than one person in the household takes medication, each person should keep them in a separate location.
♦ Label separate pill boxes clearly to reduce the risk of taking someone else’s medication.
♦ Understand the likely side-effects of your medication.

Questions about potential poisonings or think you made a mistake with your medication? Call: 1-800-222-1222