

# MEDICATION SAFETY

Pittsburgh Poison Center

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## 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**