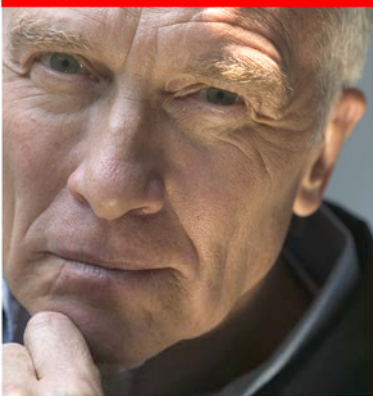


# Medication Safety Tips for Seniors



## Medication Safety Tips

1. Make it easy to see the medication:
  - Wear glasses
  - Use strong lighting
  - Use a magnifier
  - Ask for large print labels
2. Create a routine for taking medicine at the same time as another daily event, such as meal time or bath time.
3. Create a way to remember when doses of medicine have been taken. Ideas include:
  - Pill minders with spots for four doses per day.
  - Pill timers which beep a sound at medication time.
  - 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 do I take this medicine?

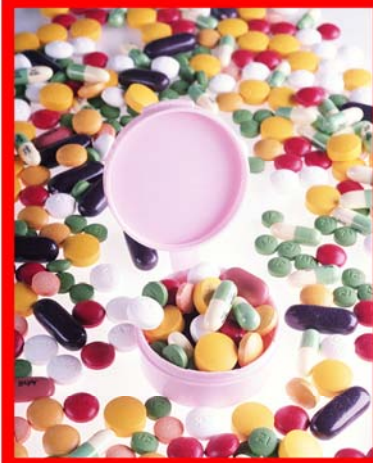
## Questions to Ask Your Pharmacist About New Medications

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?

Florida Poison Information Center – Tampa  
1-800-222-1222

[www.poisoncentertampa.org](http://www.poisoncentertampa.org)

# Medication Safety Tips for Seniors



## Facts About Herbal Products and Herbal Supplements

**Fact:** 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 drugs.

**Fact:** Taking certain herbals when taking prescription drugs can cause interactions. This means that one drug can counteract the other, making it ineffective. Or one drug can cause the other drug to be too strong.

**Tip:** Talk to a doctor or pharmacist *before* purchasing or taking herbal products.

## Call the Poison Center at 1-800-222-1222

The Poison Center hotline is open 24 hours-a-day, 7 days-a-week. **All calls are FREE.** Most poisoning cases can be handled at home. Registered Nurses answer the hotline calls.

## The Poison Center Can Help

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



florida's poison centers  
**Children's Medical Services**

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