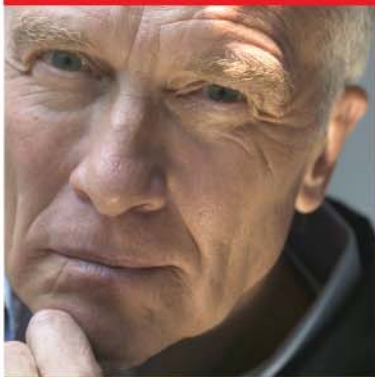


# Medication Safety Tips for Adults



## Medication Safety Tips

1. Make it easy to see the medication:
  - Wear glasses
  - Use a magnifier
  - Use strong lighting
  - 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?

## Questions to Ask Your Pharmacist About New Medications

Can this medication be habit-forming, or difficult to stop taking?  
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 - Miami**  
**1-800-222-1222**

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

# Medication Safety Tips for Adults



## 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.

**Fact:** Taking herbal products with 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:** Keep a list of all your medications, including vitamins and herbal supplements. Talk to your doctor or pharmacist *before* purchasing or taking herbal products.

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

The Poison Control Center is available 24 hours-a-day, 7 days-a-week. **All calls are FREE and CONFIDENTIAL.** Most poisonings can be handled at home. Calls are answered by nurses, doctors and pharmacists specially trained and certified in poison information.

## The Poison Control Center Can Help

- if a child takes an adult's medication.
- if medication side effects or interactions occur.
- if the wrong pills or too many pills are taken.
- if chemicals are swallowed, inhaled or splashed in the eye.

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