



“I can give you excellent medical advice in just three words: take as prescribed.”

“Every year, 1.5 million Americans become ill from medication errors. Everything from improper doses, to dangerous interactions between medicines, to allergic reactions. What’s the first step in

avoiding such mistakes? Taking medicine in the right amount, at the right time, in the right way.

Keep a list of all your medications at home, and in your wallet or purse. When you see your doctor, bring the list with you. Be sure to include on it over-the-counter medicines like aspirin, and even herbal and natural remedies you’re taking.

And if you’re given a prescription for an infection, don’t stop taking it halfway through, or the infection could come back stronger and harder to treat.

It’s all part of getting the best health care for you and your family.”

Medication safety tips

- **Keep an up-to-date list of current medications:** your kids’, your parents’, your spouse’s, your own. Always keep a copy with you in your purse or wallet.
- **Inform your doctor** of all medicines you’re taking, including any non-prescription medicines, vitamins, herbal or natural remedies.
- **Take your medication only as prescribed:** be aware of possible side effects, and of what to do if you forget to take a dose. Always take the full prescription—don’t stop partway through.
- **Double-check your medication when you pick it up from the pharmacy**—to see that it’s the medicine and dose the doctor ordered. If you have any questions, speak to the pharmacist.

For more tips, visit
www.partnershipforhealthcare.org

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