



Information provided by:
Your State Senator

Tips for Wise Use of Your Medicines

1. Take exact amount prescribed.
2. Never take someone else's medicine.
3. Always tell the doctor about past problems with medications.
4. Keep a daily record of medications each person is taking.
5. Discard outdated medicines.
6. Call the doctor promptly if you notice any side effects.
7. Keep drugs in original containers.
8. Avoid alcoholic beverages.
9. Keep medicine out of the reach of all children.
10. Ask the doctor's or pharmacist's advice before crushing or splitting tablets; some should only be swallowed whole.

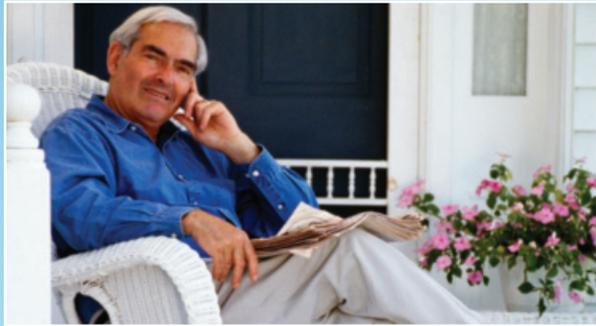
What You Should Know About Medications

A Guide For Older Pennsylvanians



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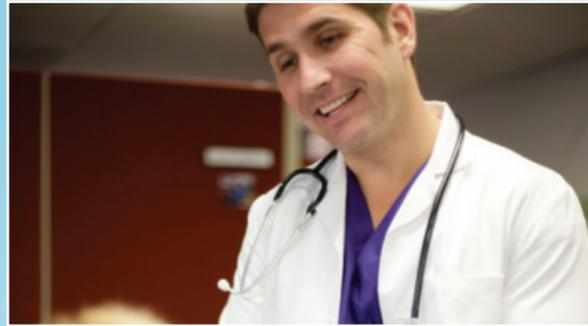




Ask Yourself

- Do I take medication on time?
- Do I take the correct amount?
- Do I stop taking it too soon?
- Do I mix it with alcohol?
Food? Other medications?
- Do I inform my doctor of all medications I am taking?
- Do I know of possible side effects and what to do if I have them?

Older persons use medications more frequently than any other age group. Medications include those prescribed by your doctor and those you buy over-the-counter such as laxatives and cold tablets. Mixing any medications with alcohol, certain foods, and other medications can reduce the benefit or cause dangerous interactions. Become more informed about the medications you take. You are the most important member of your health care team!



Ask Your Doctor

- What is the name of the medication?
- Why am I taking it?
- How often should I take it?
- How long must I take it?
- Is there a generic equivalent right for me?
- Will the instructions be given in writing?
- Are there any side effects?

Before your doctor visit, make a list of any questions you have and a list of all medications you are taking. This will save both you and the doctor time. Your doctor is a vital part of your health care team!



Ask Your Pharmacist

- Can you provide easy to open containers?
- Will you type the label in large print?
- Do you keep a list of all prescriptions you fill for me?
- What do I do if I miss a dose?
- Will over-the-counter medications interact?
- What other precautions should I observe?

Your pharmacist can provide you with valuable information about your prescription such as special instructions or if a generic drug is available. He can be a key to assuring proper use of your medication. Put your pharmacist on your health care team!