



SAFE MEDICATION PRACTICES FOR BETTER HEALTH

GenerationRx
Safe medication practices for life.



Be Your Own
Advocate



Learn Safe
Medication
Practices



Know the Risks
of Medication
Misuse

Learn more at
GenerationRx.org

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THE OHIO STATE UNIVERSITY
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Be Your Own **Health Advocate**

You are the most important member of your healthcare team. Take the time to become an expert about your medications:

- Learn about your medications - especially the reasons for taking them and what side effects could occur. Use your pharmacist as a trusted resource.
- Keep a complete medication record – this is simply a list of ALL medications you are taking, including those that do not require a prescription.
- If the cost of your prescription is an issue, be sure to talk to your healthcare provider or pharmacist.
- Anything you take can impact your medication therapy. Share everything you are taking with your doctor and pharmacist.
- Having a new symptom or health issue? Consider if it could be due to a change in your medications.



Follow Safe Medication Practices

- 1** Only use prescription medications as directed by a health professional. Make any changes in your medication therapy only after talking with your doctor or pharmacist.
- 2** Do not share or take someone else's medication, as individuals can respond to the same medication differently.
- 3** Keep your medications safe:
 -  Store medications in secure locations such as lockboxes, medication safes, or other lockable spaces.
 -  Avoid storage places that children or others can easily access, such as drawers, nightstands, or kitchen counters/cabinets.
 -  Recall that most people who misuse prescription drugs get them from family members or friends.
 -  Dispose of medication properly (see next page).
- 4** Model safe medication practices.
Be a good example to those around you by modeling these safe medication-taking practices. What others see you do matters.



Know the Risks of Medication Misuse

Prescription Drug misuse is:



Taking more of a prescription medication than prescribed.

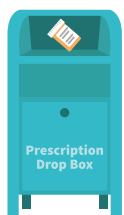


Taking a prescription medication for a reason different than prescribed.



Sharing or taking someone else's prescription medication.

Safe Medication Disposal



Option 1

Place in drug dropbox (visit rxdrugdropbox.org).



Option 2

Take advantage of drug take-back events.



Option 3

Safely dispose in the trash:

Step 1



Mix leftover pills with unwanted substances like cat litter or coffee grounds.

Step 2



Throw away the sealed mixture into the trash.

Step 3



Remove the prescription label and dispose of the empty bottle.

Questions You Can Ask Your Pharmacist

- What is this medication supposed to do?
- What is the best time of day to take the medication?
- Is it safe to crush or split the medication?
- Should I take it with or without food?
- What side effects most commonly occur?
- What should I do if I forget to take a dose?
- Are there other options that are less expensive?
- Is there a generic product available for my brand-name drug?
- Is there a manufacturer's program that can help me afford my specific medicine?
- Is there a clinic in my area that can help me with my healthcare and/or obtaining medications if I cannot afford them?