



**HANDYMAN ELMO**

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## **MEDICATION SAFETY**

- Only use one pharmacy for all your prescriptions.
- Review your medicines frequently with your doctor AND your pharmacist.
- Ask for pharmacist consultation when picking up new medications. Make sure pharmacy is aware of all medications you are taking including OTC medications and prescriptions you may have gotten at another pharmacy.
- Make sure medicines are clearly labeled.
- Read medicine labels in good light to ensure you have the right medicine and always take the correct dose.
- Dispose of any old medications, expired medications and all medications that have had dosage changes.
- Never borrow prescription drugs from others.
- Check with your doctor or pharmacist before you mix alcohol, or grapefruit with your medications.
- Check with your doctor or pharmacist before mixing non-prescription drugs (OTC, Vitamins, Supplements) with Prescription medications.
- Store medications in properly labeled bottles. Do not mix multiple medications in same bottle.
- Store medications in a cool dry place- not in the bathroom medicine cabinet.
- Consider having your medications dispensed in “bubble packs” on dispensing cards, for morning, noon, night and bedtime administrations.
- Make sure you wear medical alert tags for all allergies and disease states.