



Safe Use of Medications

Medications can bring great relief, whether you have a temporary bug or chronic condition. When used improperly, however, they not only can be ineffective, but also a danger to your health. Follow these guidelines for taking your medication:

Follow the proper dosage instructions.

Take the exact dose as scheduled by your doctor or as indicated on the medication label.

Read the label. Know what you're getting.

Learn the chemical names of common remedies. Look for unwanted ingredients, such as alcohol, aspirin or caffeine.

Know the side effects. Both prescribed and over-the-counter drugs can have noticeable side effects, like drowsiness, nervousness, restlessness, anxiety and upset stomach.

Be aware of harmful drugs or deadly combinations. Ask your doctor or pharmacist before combining any drugs, whether prescription or over-the-counter. Certain drugs are toxic in combination or cause a dangerous double-dose effect. Some

drugs are harmful to people with high blood pressure, kidney or heart disease, or diabetes. If you're pregnant, check with your doctor or pharmacist before taking any drug.

Keep a record. Keep a daily record of the drugs you're taking, your doctor's name, the amount you take and the times of day you take each. Leave a space to check off each dose as you take it.

Talk to your doctor or pharmacist. Talk to your doctor if you have any questions or concerns about your medication or if you have had past problems with medications (dizziness, rashes, indigestion, lack of appetite, etc.).

Never:

- Take someone else's medication.
- Take medications that have expired.
- Assume that over-the-counter medications aren't harmful if taken incorrectly.
- Double up on your medication when you forget to take a dose.
- Wait to contact your doctor if you have an adverse reaction.

© 2001 Achieve Solutions

Call ValueOptions today.
(800) 700-8646

