**Susan Kinkead-Acree, MD, PLLC**

**Psychiatry**

****

**Medication Safety Tips**

**These ten medication tips can help you make sure that your medication works safely to improve your health.**

1. Take each medication exactly as it has been prescribed.
2. Make sure that all your doctors know about all your medications.
3. Let your doctors know about any other over-the-counter medications, [vitamins](http://www.webmd.com/hw-popup/vitamins-and-their-functions-and-sources), [supplements](http://www.webmd.com/food-recipes/tc/dietary-supplements-topic-overview), and herbs that you use—there are active substances in many supplements and herbs that can interact with prescription medications.
4. Use the same pharmacy to fill all your [prescriptions](http://www.webmd.com/drugs/index-drugs.aspx) so that they can help you keep track of everything you're taking.
5. Keep medications out of the reach of children.
6. Never change your medication dose or schedule without talking with your doctor.
7. Never use medication prescribed for someone else.
8. Never crush or break pills unless your doctor instructs you to do so.
9. Never use medication that has passed its expiration date.
10. Store your medications in cool, dry locations (e.g., the bathroom cabinet may not be the best place for your medication).