

Newport Pain Management

Medical Corporation

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Recommendations to Patients for Safe Medication Use

- Inform all caregivers of all medications you take, including topicals, ophthalmics, ear drops, antacids, laxatives, vitamins and minerals, other over-the-counter, alternative, herbal, and homeopathic medications or substances.
- If you are pregnant, or may become pregnant, do not take medications unless informed caregiver has prescribed them and informed you of potential risks.
- If you are breast feeding, do not take medications unless informed caregiver has prescribed them and informed you of potential risks.
- Keep a current written listing of all medications you take, including doses, dose form, and administration schedule.
- Keep a written list of, and inform all caregivers, of any allergies to medications.
- Inform all caregivers of any past positive or negative medication effects.
- Be sure you understand all instructions about taking your medications.
- Know the name and purpose of each of your medications.
- Know what your medications look like; if it changes, have the pharmacist double check.
- Know common side effects and what to look for with each medication.
- Ask for, and keep, written information about your medications.
- Keep medications in original labeled vials until they are to be taken.
- Read each prescription vial prior to taking each dose.
- Know when to take each medication dose.
- Take medication doses on a schedule exactly
- Know what to do if you miss a dose.
- Know how to take your medications in relationship to food, beverages, and other medications.
- Know whether it is OK to break, chew, crumble, mix, or otherwise alter medication doses and dose formulations.
- Measure liquid and powders using appropriate measuring device.
- Read the instructions on your prescription vial each time you get a refill.
- Discard all old and discontinued medications by flushing down the toilet.
- Store your medications as instructed.
- Keep medications away from pet's medication, other persons' medications, and any chemicals.
- Store medications where children cannot see or reach them.
- Contact your prescriber immediately if you experience any medication-related problems.
- Take all medications and medication list to the hospital with you.
- Ask to be told name and purpose of all medications given to you in the hospital
- Look at all medications being given to you, if something does not seem right, question the caregivers.
- Remind caregivers of allergies routinely.
- If in the hospital, do not allow yourself to be given any medication without the caregiver first checking your wrist identification band.
- Obtain complete written information about the medications you are to take upon discharge—this includes new and previously prescribed medications.