



Ask

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Older people tend to have more long-term, chronic illnesses such as high blood pressure, heart disease, asthma, COPD, arthritis. As such, they take many medications every day.

Often those medications are taken at different times, at varying doses, etc.; in other words, medications for seniors are complicated! Here are some tips on how best to handle your medications.



TAKING MEDICATIONS SAFELY

UNDERSTAND YOUR MEDICATIONS

Don't be shy; ask questions of your doctor, nurse, and/or pharmacist so that you have a complete understanding of what you are taking.

Some questions to consider asking include:

- Should I take the medication(s) on a schedule and if so, when?
- Do I need to take my medication(s) with or without food?
- Do I need to drink extra water while taking the medication(s)?
- Can I take the medication(s) with other one(s) I take?
- What side effects might I expect and should I report them to my doctor?
- How and where should I store the medication(s)?
- How long will I have to take the medication(s)?

Other steps you should take to ensure that you are taking your medication safely include:

- CHECK the label on your medication to make sure it is for the correct person – YOU!
- CHECK to make sure you are not allergic to any of the ingredients.
- CHECK to make sure you can read the directions (if not, your pharmacist can use larger type).
- CHECK that you can open the container...if not, ask the pharmacist to put your medication(s) in bottles that are easier to open, or in blister packs.



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OTHER QUESTIONS ANSWERED

Q. How can I remember when to take all the different medications that my doctor has prescribed?

A: Keep a list of all the prescription and over-the-counter medications you take. For each, mark the amount, the time of day you take it, and whether it should be taken with food. Store two copies of the list: one for your refrigerator door (or where your medications are stored) and one for your wallet or purse.

Q: If I feel better; may I stop taking the medication(s) that my doctor has prescribed for me?

A: No. Even if you feel better, don't stop taking the medication(s) unless your doctor says it's ok.

WE AT EVERCARE WANT YOU TO REMEMBER THAT YOUR DOCTORS, NURSES, AND PHARMACIST ARE THERE TO HELP YOU.



TAKING MEDICATIONS SAFELY



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