

# USING YOUR MEDICATIONS SAFELY



Here are three important steps you can take to help you stay safe when you take your medicine:

## KNOW YOUR MEDICATIONS

You should know the following about the medications you are taking, including prescriptions, over-the-counter drugs, vitamins and supplements.

**WHAT** you are taking.  
**WHY** you are taking them.  
**WHEN** you should take them.  
**HOW** you are supposed to take them.

## RECORD YOUR MEDICATIONS

It is important to have a medication list that describes all the medications you are taking. Keeping an up-to-date record of your medications helps you, your family and your healthcare team have complete information about your medications.



## REVIEW & UPDATE YOUR MEDICATIONS

Each time you visit with your healthcare professionals (such as your doctor, nurse or pharmacist), be sure to have your list with you. Knowing what types of medications you are taking is a good way to ensure the right medications are being given to you.

**DISCUSS and MAKE CHANGES** to your medication list with your health care team.