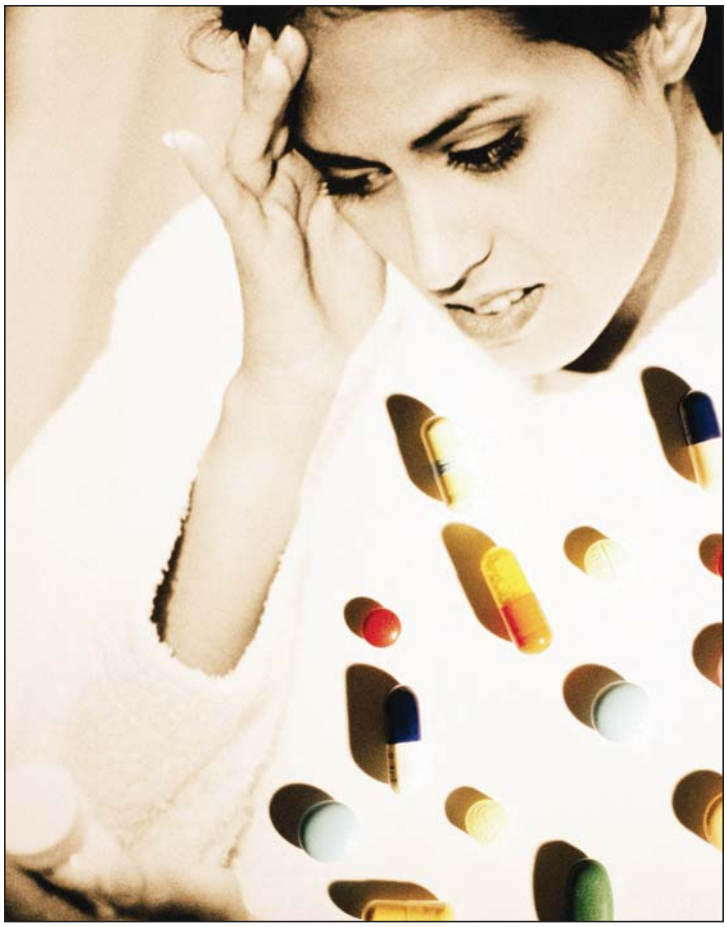
Be Medicine Safe!

Take an ACTive Role in Your Health Care

Tips and Resources for Medication Safety



ASK

- About your medicines – how and when to take them, possible side effects and drug interactions

CHECK

- To make sure that the medicine you receive is what you thought your doctor or other healthcare professional ordered

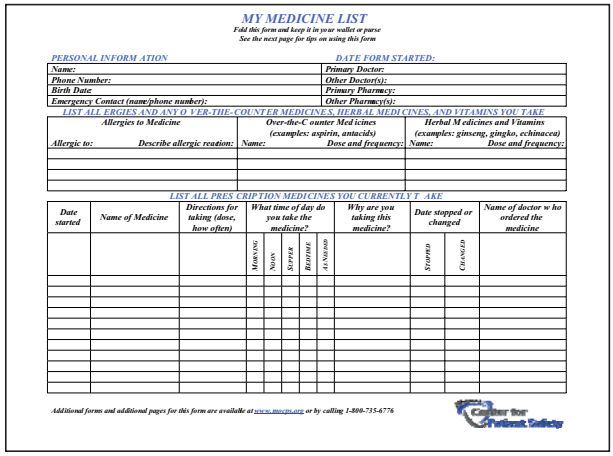
TELL

- Your doctor or other healthcare professionals about ALL the medicines you take and about any concerns you have about your medicines or your health

Resources Available to Help You!

- *My Medicine List*

  Use this form to keep track of your medicines and to communicate with your doctor and pharmacist.



MY MEDICINE LIST

Fold this form and keep it in your wallet or purse
See the next page for tips on using this form

PERSONAL INFORM ATION

Name:	Primary Doctor:
Phone Number:	Other Doctor(s):
Birth Date	Primary Pharmacy:
Emergency Contact (name/phone number):	Other Pharmacy(s):

DATE FORM STARTED:

LIST ALL ERGIES AND ANY O VER-THE-C OUNTER MEDICINES, HERBAL MEDI CINES, AND VITAMINS YOU TAKE

Allergies to Medicine		Over-the-C ounter Med icines (examples: aspirin, antacids)		Herbal M edicines and Vitamins (examples: ginseng, gingko, echinacea)	
Allergic to:	Describe allergic reaction:	Name:	Dose and frequency:	Name:	Dose and frequency:

LIST ALL PRES CRIPTION MEDICINES YOU CURRENTLY T AKE

Date started	Name of Medicine	Directions for taking (dose, how often)	What time of day do you take the medicine?				Why are you taking this medicine?	Date stopped or changed		Name of doctor w ho ordered the medicine
			MORNING	NOON	SUPPER	BEDTIME	AS NEEDED	STOPPED	CHANGED	

Additional forms and additional pages for this form are available at www.mocps.org or by calling 1-800-735-6776

Center for Patient Safety

- *What You Need to Know about Your Medicine: Tips for Medication Safety*

  Read this brochure to learn about things you can do at home, in the hospital, at the drugstore, and at the doctor's office to help you stay safe.

Be ACTive In Your Health Care
Ask, Check, Tell

Ask your doctor, healthcare professional or pharmacist about
- Your medicine
- Possible side effects of the medicine
- What to do if you experience a side effect
- Possible interactions with other medicines you are taking
- What to do if you miss a dose or take an incorrect dose
- If you need laboratory tests you might need to monitor how well the medicine is working
- Written information about the medicine that you can read at home

Check to make sure that
- The medicine you get at the pharmacy is the medicine that was ordered for you
- You know how to take your medicine (how much to take, when to take it and how to take it)
- Medicine ordered online is from a pharmacy that is licensed by the state; in Missouri visit www.pr.mo.gov/pharmacists.asp. More information about online pharmacies is available at www.fda.gov/buyonlineguide/

Tell your doctor, healthcare professional, or pharmacist about
- All medicines you take, prescriptions, over-the-counter and herbal medicines and vitamins
- Allergies you have and side effects you have had from medicines
- About problems or concerns you have with your medicine
- If you are pregnant – to avoid risks to your baby from some medicines

THANK YOU TO...

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What You Need to Know about Your Medicine

TIPS FOR MEDICATION SAFETY

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These and other resources available from the Missouri Center for Patient Safety at www.mocps.org or by calling 1-888-935-8272