



MEDICATION SAFETY

Ten Questions to Ask Your Doctor

1. What is this medication and why am I taking it?
2. What medical condition does this medicine treat?
3. How many times a day should I take this medicine?
4. How much medicine should I take?
5. How long will it take this medicine to work?
6. When should I stop taking this medicine?
7. What should I do if I miss a dose?
8. Are there any side effects that I should know about?
9. When should I call you if I experience side effects?
10. Can I safely mix this medicine with the remedies, vitamins and over-the-counter drugs I am taking?

Each time you visit, be sure to ask your doctor if you still need to be taking all your medicines.

For more info, or to have a presentation about Medication Safety for your group, please call Melody Matheny-Orpen, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County at 203.762.8958, ext. 312.

Visiting Nurse
& Hospice
of Fairfield County 

Bringing Healing and Comfort to Our Community for 100 Years



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Tips on Safe Medicine Use

Learn about your medicines. Read medicine labels and package inserts and follow the directions. If you have questions, ask your doctor or other health care professional.



Talk to your team of health care professionals about your medical conditions, health concerns, and all the medicines you take (prescription and OTC medicines), as well as dietary supplements, vitamins, and herbal remedies. The more they know, the more they can help. Don't be afraid to ask questions.



Keep track of side effects or possible drug interactions and let your doctor know right away about any unexpected symptoms or changes in the way you feel.

Make sure to go to all doctor appointments and to any appointments for monitoring tests done by your doctor or at a laboratory.

Use a calendar, pill box or other reminders, to help you to remember what you need to take and when. Write down information your doctor gives you about your medicines or your health condition.



Take along a friend or relative to your doctor's appointments if you think you might need help to understand or to remember what the doctor tells you.



Have a "Medicine Check-Up" at least once a year. Go through your medicine cabinet to get rid of old or expired medicines and ask your doctor or pharmacist to review all the medicines you now take. Don't forget to tell them about all the OTC medicines or any vitamins, dietary supplements, and herbal remedies you take.

Keep all medicines out of the sight and reach of children!



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