

# Take Your Medications Safely

## Talk with your doctor or nurse

- ✓ Share information about all medications, nutritional supplements, herbals, and natural remedies you take.
- ✓ Provide information about allergies to medications.
- ✓ Ask questions and clarify.



## Stay with your treatment plan

- ✓ Take all the antibiotics prescribed.
- ✓ Tell your doctor if you have side effects or other concerns.
- ✓ Never give your medicine to somebody else.
- ✓ Ask if you need tests to determine if the medicine is working.

## Record information and keep track of medicines

- ✓ Use pill containers for each day of the week along with a calendar to check off when you've taken your medicine.

### Learn More!

Follow these 3 steps to see if you can reduce your prescription costs:

1. **Read** AARP Oregon's website - [www.aarp.org/or](http://www.aarp.org/or)
2. **Compare** drug prices. Ask your pharmacist for help.
3. **Consult** your physician to see if a lower-cost drug is right for you.



## Medication Safety

X E F N Q U R V T H S J S E H  
 P A N R U O S R L T Q A N G I  
 B R Y I T R E C N I N L I K Z  
 N F E C C A S E H Q O L M G X  
 Z O O V T I M E S W I E A P M  
 R D I M E E D A Q M T R T S Y  
 V Y E T L N G E N R A G I C C  
 N N M P P N T Q M R M I V X T  
 T R P R U I V I H K R E D L W  
 S U H Y Q B R Q O W O S D T E  
 S R E C O R D C T N F I C R W  
 P H A R M A C I S T N N E V P  
 S R E D N I M E R E I W L X W  
 C C I S E C L Q Y Z R S W L W  
 X W W U B Z B T P E H P Y R I

ALLERGIES	DOCTOR	INFORMATION
MEDICINE	NURSE	PHARMACIST
RECORD	VITAMINS	PRESCRIPTION
PREVENTION	REMINDERS	SUPPLEMENTS
	TREATMENT	