

# Healthy Living: Use Your Medicines Safely!<sup>1</sup>

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Medicines can help us feel better and improve our health, but if we do not use them correctly, they can make us feel worse or even cause major health problems. To use your medicines safely, keep the following tips in mind.

## Keep your health care providers informed.

Make sure your doctor and pharmacist know all the medicines you are taking. This includes prescription and over-the-counter medicines, herbal products, and vitamin or mineral supplements. Also, remind them about any drug allergies or reactions you have had to medicines in the past.

## Do “one-stop shopping” for all your medicines.

Fill all of your prescriptions at the same pharmacy. This will keep all of the prescription medications you take on one record. Your pharmacist will be able to alert you and your physician of potential problems. Let your

pharmacist know if any of your doctors tell you to stop taking any of your medications so it can be noted on your record.



Figure 1. Fill all of your prescriptions at one pharmacy to avoid potential drug-drug interactions.

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