

Tell your doctor or pharmacist about any medication allergies or side effects you have had in the past or are having now.

Medicine name and strength:

Rx number:

Purpose:

Directions:

Medicine name and strength:

Rx number:

Purpose:

Directions:

Medicine name and strength:

Rx number:

Purpose:

Directions:

Review your medications each year with your doctor or pharmacist.

Medicine name and strength:

Rx number:

Purpose:

Directions:

Medicine name and strength:

Rx number:

Purpose:

Directions:

Medicine name and strength:

Rx number:

Purpose:

Directions:

Tear off medicine list and keep in a safe place.



FIRST AID FOR MEDICATION POISONING

Has someone collapsed or stopped breathing? Call 911 right away.

Is someone having side effects from taking medicine?
Call 1-800-222-1222.

Did someone take the wrong medicine?
Call 1-800-222-1222.

Did someone take too much medicine?
Call 1-800-222-1222.

Did someone miss a dose of medicine?
Call 1-800-222-1222.



Call or chat with NC Poison Control any time day or night to get help from a nurse or pharmacist.

Medication Safety for Older Adults

Includes a helpful tear-off medication list and advice for taking medications safely



When taking medications, sometimes accidents can happen. Here are steps that can help prevent a medication mishap.



Take your medications as directed.

- Follow the directions on the label. Talk to your doctor or pharmacist before stopping or starting any medication.
- Ask about taking over-the-counter medications, herbal remedies, and supplements as well.

Keep medications organized.

- Take your medications at the same time every day if possible.
- Keep a list of your medications by using the tear-off list in this brochure.

Take only your own medications.

- Store other family members’ medications in a different place to avoid a mix-up.
- Make sure the light is on when taking medications, so you can see what you are taking.

Asking questions helps prevent medication mishaps.

Ask your doctor or pharmacist about the medications you are prescribed, so you can know how to take your medications safely.

Questions to ask:

What is this medication for?

How do I take this medication?

What can I expect from this medication?

How long do I need to take this medication?

Are there any medications I should stop taking?

It is important to tell all your doctors about all the medications you are taking. Use one pharmacy, if possible, to fill your prescriptions.



Medicine Safety and Children

Children are curious and like to mimic adults. If children are nearby or visiting, practice these steps to prevent a medication mishap with a child:

- Store medicines out of sight and out of children’s reach.
- Keep purses with pillboxes or medication bottles up and out of children’s reach.
- Don’t take medications in front of children.

Call NC Poison Control right away if a child gets into someone else’s medication.

Tear off medicine list and keep in a safe place.

My medication list:

Patient’s Name

Medicine name and strength:

Rx number:

Purpose:

Directions:

Medicine name and strength:

Rx number:

Purpose:

Directions:

Allergies:

Doctor’s name and phone number:

Pharmacy name and phone number: