



REACH

Resources & Education
for Aging, Community, and Health

MEDICATION SAFETY TIPS

Learn about risks and how to keep yourself safe if using medications as a part of your treatment plan.

- Keep a list of all medications and supplements**
For each, list the frequency, dose, and why it was prescribed.
- Bring your medication and supplement bottles to your appointment**
Another option would be to bring your medication and supplement bottles or a picture of the bottles.
- Talk to your healthcare provider about concerns**
Ask your healthcare provider about possible medication interactions and side effects. Tell your provider as soon as possible if you think your medication is not working or that you may be having an unwanted reaction. Do not stop taking a medication without first checking with your provider.
- Take your medication as prescribed**
If you have questions about how to take your medication properly, ask your healthcare provider or pharmacist. You can also request easy-open containers or labels with large print.
- Secure your medications**
Find a secure place in your home to store your medications. Never share your medications with others.

ABOUT REACH

REACH is dedicated to improving the quality of care for Florida's older adults. The Florida State University College of Medicine, Department of Geriatrics has been federally funded since 2015 to work with a variety of local, state, and national partners to enhance Florida's workforce that cares for older adults. Please visit our website to learn more.

ONLINE AT
REACH.MED.FSU.EDU

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