



Know Your Medication

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What is prescription medication?

Your doctor is authorized to prescribe many different drugs to treat various medical conditions. Your responsibility is to know what your medications are, to take them as instructed, and to watch for and report any potential problems that may arise.

Why is it significant?

Prescription drugs are powerful remedies to fight illness. Many medications have side effects or can interact with other drugs, supplements or foods.



What else should I be aware of?

In rare cases, some people experience an allergic reaction to a medication. If you or a loved one who is on medication has trouble breathing or swallowing, has a seizure or displays any other unusual change, call 911.

What can I do?

- ✓ Always tell your doctor what prescription and non-prescription medications you're taking. This includes over-the-counter drugs, vitamins and minerals, and herbal supplements.

- ✓ Keep an up-to-date list of these substances, using the back of this wallet card to write them down. Give your family a copy of the list.
- ✓ Never be afraid to ask your doctor and pharmacist for more information about a drug.
- ✓ Follow your doctor's and pharmacist's instructions on taking and storing your medication. If you don't use it as directed (whether accidentally or not), let them know right away.

- ✓ Don't assume a symptom is a natural side effect of a drug. If you're feeling unwell, call your doctor.
- ✓ Never take a drug prescribed for someone else or a drug that's past its expiry date.
- ✓ Learn more about prescription medications by going to www.makinghealthhappen.com.



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