



## HEMOPHILIA TREATMENT CENTER OF NEVADA

**We know that taking our medications as directed is an important part of staying healthy.** This involves understanding a little bit about drugs in general, and knowing how to talk to your doctor, pharmacist and other health care providers who might prescribe medications. However, it also involves safely organizing and storing medications and keeping good records about them.

**Tips For Taking A Medication:** Your doctor has prescribed a medication, the pharmacist has filled the prescription, and now it is up to you to take it safely. Here are some tips that can help:

- Take your medication in the exact amount and at the time your doctor prescribes.
- Call your doctor if you have problems with your medication. Your doctor may be able to change it to a different one that will work better for you.
- Avoid mixing alcohol and medication. Some medications may not work correctly or may make you sick if taken with alcohol.

Take your medication until it is finished or until your doctor says it is okay to stop taking it. For some medications, like antibiotics, it may be important to take all of the pills, even after you start feeling better. Remember not to share medications—your medication was prescribed for **YOU** to treat **YOUR** condition. Also, check the expiration dates on your medication bottles and throw away outdated medications.

Because of changes in vision and hearing, loss of strength in the hands, and many other ailments that may accompany aging, older adults may have a hard time managing their medications once they get them home. For these reasons and others, you may want to purchase a pill sorter to help you manage your medications.

Some pill sorters store a 7-day supply of medication, and some hold a 7-day supply of medication with different slots for taking pills up to four times per day. Some pill sorters hold a month's supply of medication. No matter what type you choose, look for a few things before buying:

- Is the print large enough for me to read?
- Are the lids easy enough for me to open?
- Does the pill sorter have enough slots for all the medication I take?
- Does it come in different colors so I don't get my pills and my spouse's pills confused?

If you take your medication out of the childproof container, remember not to leave your medication on a kitchen table or counter where a young child may get into it.

**Medication List:** You should always keep a list of medications you are taking, why you are taking each medication, and the dose for that medication. It is a good reminder for you and your doctor, especially if you have more than one doctor. In addition, this list can be invaluable in an emergency. Keep this list somewhere that is easily accessible in case of an accident, perhaps in the glove box of your car or on the front of your refrigerator.

Many different agencies and organizations can give you a medication record. No matter where you get your record, or if you make it up yourself, it should have a few basic parts:

- It should clearly be identified as **YOUR** medication record. Be sure it contains your name and phone number.
- It needs to have the date it was last updated. It is important to keep your list of medications up-to-date, always making changes when a new dose is given or when you stop or start a medication, etc.
- List your allergies to foods and drugs. This information may make a difference in what your doctor wants to prescribe for you.
- Make a complete list of everything you take, both prescription and non-prescription, including the dose you take, how often you take it, what the pill looks like, why you take it, the doctor who prescribed it, and any special instructions

**Summary:** You play a big part in making sure that you and your medications are safe. You can do this by keeping an up-to-date list of your prescription and non-prescription medications and making sure to take that list with you to any doctor's visits. Also, remember to take your medications as prescribed and not to share them. Lastly, talk with your doctor or pharmacist about any problems you have with your medications. **REMEMBER...if you do not understand your medication or how to take it please call us at 702-732-1473 or email at [info@cure4thekids.org](mailto:info@cure4thekids.org)**