

What Medications Are You Taking

Be they prescribed meds, over-the-counter meds, supplements and others.

You may be taking many different medicines as well as numerous vitamins and over-the-counter drugs. It can be confusing to keep track of everything! This form can help. Because your medication regimen may change over time, make a copy of the blank form so you will always have a clean copy to use. Try to bring a completed and updated copy of this form to every doctor appointment.

PRESCRIBED MEDICATION

Name of Drug	What It's For	How Long Have You Taken It	Colour/Shape	Doctor	Dose Instructions

OVER THE COUNTER PRODUCTS

Product Name	Format	What's It For	How Long Have you Used It	How Often Have You Used It	Dose Instructions

ALLERGIES

Product	Reaction

Product	Reaction



Medication Safety and Seniors

What are medicines?

Prescriptions What you can get with a doctor's order (for example, pills to lower your cholesterol or an asthma inhaler)

Over-the-counter pills, liquids, or creams. What you buy without a prescription (for example, pills for headaches or chew tablets for heartburn)

Vitamins, eye drops, or dietary supplements, herbal remedies and teas.

Cannabis Medicinal and recreational

Make sure to provide your doctor with a list of **ALL** the medicines you take. Each time you visit your doctor, tell him or her about new medicines you're taking, and be sure to ask if you still need to be on all your medications. Even if you have been taking a non-prescription product for years, ask your doctor or pharmacist if it's still okay to continue.

Hints to Get the Best Results from your Medicines - Play It Safe!

Use this list to check off the tips you will try. Keep the list handy so you can read it each time you get a new medicine.

I WILL:

- write down the names of my prescription drugs and any vitamins, remedies, or OTC drugs I am taking.
- try to have all my prescriptions filled at the same pharmacy so my records will all be in the same place.
- tell my doctor and pharmacist if I have any allergies to food or medication.
- talk to my doctor if I can't afford my medicine. There may be help.
- keep a list of the doctors who prescribed my medicines and the amount I take.
- add any new medicines to my list.
- leave a new medication in an easy-to-spot place - out of sight, out of mind.
- check the label before I start a new medicine. Make sure it has my name on it and that I understand the instructions.
- take the medicine in the exact amount (never more or less) listed on the label.
- take the medicine at the times the doctor told me to take it.
- get my prescriptions refilled in time so I don't run out of medication.
- store my medications in a cool, dry place, away from bright light.
- be honest with my doctor about how much alcohol, tobacco, cannabis and other drugs I use because they can affect how my medicines work.
- ask for help from a friend or a family member if I need someone to remind me to take my medication.

AND I WILL NOT:

- give friends or family members medicine meant for me.
- take medicine prescribed for others.
- take any medicine that is too old (expired date on the label)
- stop taking my prescription drug unless my doctor says it is okay - even if I am feeling better.
- break or crush my pills unless my doctor or pharmacist says it is okay.
- take my medications in the dark, I will turn on the light to make certain that I have the right medication and am taking the correct dose.
- drink any beer, wine or other alcohol while I am taking a medicine unless my doctor says it is okay.

If you are in doubt about anything related to your medications speak to your health care professional - your doctor, pharmacist or nurse practitioner.

*This handout is provided by the Social Action Committee

Generic or Brand Name-What's the Difference?

Most generic and brand-name medicines act the same way in the body. They contain the same active ingredients—the part of the medicine that makes it work but the inactive ingredients may be different. A generic drug should be just as safe as a brand-name drug. They should both be of equal strength and quality. You take a generic drug the same way as a brand-name drug.

How Can My Pharmacist Help?

A pharmacist can answer many of your questions about prescriptions and over-the-counter drugs and may be easier to reach than your doctor. Try to have all your prescriptions filled at the same pharmacy so your records are in one place. This will help alert the pharmacist if a new drug might cause a problem with something else you are taking. If you're not able to use just one pharmacy, show the pharmacist at each pharmacy your list of medicines and over-the-counter drugs when you drop off your prescription.

Medications and Traveling

Before you travel, ask your doctor or pharmacist how to adjust your medicine schedule to account for changes in time zones, routine, and diet. Take your doctor's and pharmacist's phone numbers with you as well as a list of all the medications you take. When flying, carry your medicines with you; do not pack them in your checked luggage. Take enough medication with you in case you need to stay longer. Always keep medicines out of heat and direct sunlight.

