

# QUESTIONS FOR YOUR HEALTHCARE PROVIDER

Whenever you get a new prescription, always ask the doctor or pharmacist:

- What is the name of the medication?
- What is it supposed to do?
- How and when do I take the medicine?
- How much do I take and for how long?
- What are the potential side effects?
- Are my other medicines still needed?



Remember, don't be afraid to tell your doctor any concerns you have or if you are not taking your medicine as directed.

# MEDICATION SAFETY GUIDELINES FOR SENIORS

1. Keep a list of your prescription and non-prescription medications including over-the-counter, herbal, vitamin and dietary supplements, and home remedies. Include drug name, and instructions.
2. Monitor yourself for changes in your body or the way you feel, such as dizziness, changes in bowel habits, or confusion. These symptoms may be side effects of your medications.
3. Take your medications with you to every doctor visit (prescription and nonprescription meds). Tell your health care provider how you actually take your medications, even if it differs from the instructions on the label.
4. Take notes during your doctor visits. Write down the doctor's instructions for your treatments and questions you have. Repeat instructions back to your physician to let him know you understand. Ask about and note the risks and benefits of each medication you take. Consider bringing a friend or family member to your doctor visits.
5. Use one pharmacy for all your prescriptions so the pharmacist can keep track of potential drug interactions, especially if you are seeing more than one doctor.
6. Make sure you understand the directions for your prescription. Look at the medicine and question unexplained changes in size, color, taste, markings, amount, or dose. Ask for written information about the medicine.
7. If you are unsure if you are using your medication correctly or are unclear about its effects, never hesitate to ask your doctor or pharmacist. Take part in your treatment decisions!



IS YOUR BODY  
TELLING YOU TO  
SERVICE YOUR  
ENGINE SOON?



UNDERSTANDING HOW TO USE YOUR MEDICATIONS WISELY CAN HELP YOU AVOID KNOCKS, PINGS, OR MORE SERIOUS COMPLICATIONS.

USE THIS GUIDE TO HELP YOU TALK TO YOUR DOCTOR, PHARMACIST, AND OTHER CAREGIVERS ABOUT THE DRUGS YOU TAKE.



Information for Healthcare Improvement

[www.fmqai.com/PatientSafety-FMSI.aspx](http://www.fmqai.com/PatientSafety-FMSI.aspx)

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