



Minnesota Regional Poison Center

www.mnpoison.org

Taking Your Medicine

Check the Label

- Before taking your medicine, check the label to make sure it is the correct bottle. **Do not take medicine in the dark**; it is easy to make a mistake when you cannot see what you are taking.
- Always follow the label directions carefully for over-the-counter medicine. For prescription medicine, follow directions given by your doctor. If you are unsure about how to take your medicine, ask your pharmacist or call the **Poison Center at 1-800- 222-1222**.
- Check expiration dates on the bottle. If out-of-date, do not use it and dispose of it properly.

Talk to your Doctor, Nurse, or Pharmacist

- When picking up your prescriptions, make sure you understand how and when to take your prescriptions. Tell your pharmacist about any over the counter or herbal medicine you take. Some of these may interact with your new prescription.
- Some medicine should not be used with alcohol. Be sure to ask your doctor, nurse, or pharmacist about drinking any type of alcohol with your new prescription.
- Some medicine may have food interactions or should be taken before, during, or after meals. Check with your doctor, nurse, or pharmacist regarding any special instructions about foods and your medicine.
- If you have any new symptoms or questions after starting a new medicine, contact the health care professional who prescribed it. If they are unavailable, call **Poison Help at 1-800-222-1222** for free, confidential, 24/7 service by a specially trained pharmacist.

Use Medicine Reminders

- List all the medicine you are currently taking in a common place. This will help you and any health care or emergency medical providers know what you are currently taking. This includes over-the-counter medicine, prescriptions, and supplements or herbal remedies.



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- Writing your medicine schedule a calendar or log can help you keep track of your medicine schedule.
- Pill minders or dispensers are also useful in keeping track of your medicine schedule. Remember to put them up high and out of sight if you have children visiting or living with you.

Protect Children Visiting your Home

- Most serious exposures in children occur when grandparents visit grandchildren or grandchildren are visiting grandparents' homes.
- Store all your medicine up high and out-of-sight, or preferably locked up.
- Call **Poison Help** at **1-800-222-1222** immediately if a child accesses any medicine.

Other Helpful Information

- Never share medicine. Medicine prescribed for one person may be harmful if taken by others.
- If you don't have small children around, you may request that your medicine put into easy-open containers.