

WAYS TO IMPROVE MEDICATION USE:

- **Blister Packs** – Monthly or weekly prepackaged medications that can be pre-ordered by your local pharmacy.
- **Calendars and Charts** – Research has shown that the use of a calendar or chart is a useful tool to remember your medication schedule.
- **Color Coding Labels** – Using a marker to easily identify scheduled medications throughout the day is shown to be helpful as well. For Example:
 - YELLOW** – Morning Medications
 - GREEN** – Afternoon Medications
 - BLUE** – Evening Medications
- **Verbal Reminder** - Phone call/ E-mail from family, pharmacies, or health care providers.
- **Pill Boxes**-Setup daily medications for a week at a time.

For more information contact:

Your local healthcare provider,
pharmacist, or parish nurse

Poison Control Hotlines

National: 1-800-222-1222

Michigan: 1-800-764-7661

Center for Disease Control (CDC)
medication safety website

[www.cdc.gov/ncidod/dhqp/
medicationsafety.html](http://www.cdc.gov/ncidod/dhqp/medicationsafety.html)

Food and Drug Administration
(FDA) information for consumers

[www.fda.gov/Drugs/ResourcesForYou/
Consumers/default.htm](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/default.htm)

Agency for Healthcare Research and
Quality (AHRQ)

[www.ahrq.gov/questionsaretheanswer/
level3col_1.asp?nav=3colNav05
&content=05_0_prescription](http://www.ahrq.gov/questionsaretheanswer/level3col_1.asp?nav=3colNav05&content=05_0_prescription)



Madonna University College of Nursing and Health

**MEDICATION
SAFETY &
YOU**



THINGS YOU SHOULD KNOW

When reading a medication label pay close attention to:

Special Instructions - Example: Take with food. Do not take with milk.

Dosage - How much to take. Example: 81 mg

Time - When to take it. Example: 1 tablet twice daily = 1 tab in the morning and one tablet at night.

Route - By mouth, topical (apply to skin), nasal spray, eye drops, inhalant, rectal.

It is important to follow your medication schedule because it:

- Reduces cost
- Improves how well the medication works
- Prevents future hospitalization due to medication errors
- Improves quality of life

HOW TO READ A MEDICATION LABEL

Name of drug: ASPIRIN

Dosage: 81 mg TABLETS

Date of drug expiration: EXPIRES: 12/31/2010

Number of tablets in new container: QTY 30

Number of refills available: REF 10 Time(s)

Special instructions: Take with food. Avoid grapefruit or grapefruit juice.

Pharmacy Information: Rx Pharmacy, 5828 Reeds Road, Mission, KS 66202 USA, Rxpharmacy.com, 1-800-222-2221

DR D.J. DOW

JANE D NORMAL

10/03/2001

TAKE ONE TABLET BY MOUTH DAILY.

Lot# 1234

CAUTION: Federal Law PROHIBITS the transfer of this drug to any person other than the patient for whom it was prescribed.

Why expired medications are dangerous:

- After the expiration date, medication breaks down and becomes unstable.
- After the expiration date, medication will lose its potency and may no longer be effective to treat illness.

Proper disposal of expired medications:

- Do not dispose of medications down the sink or toilet. This can be dangerous for the environment.
- Contact your local pharmacy or police department about a medication take-back program.
- Neighborhood Hazardous Waste pick up www.michigan.gov/deqmedwaste

Proper procedure for disposal of expired medication:

1. Crush medication in a plastic bag.
2. Add water to the bag.
3. Place the bag into a second plastic bag.
4. Add paper towel, soil, or sand to the bag.
5. Throw the bag into trash.

Recommended by the Office of National Drug Policy. www.whitehousedrugpolicy.gov