

YOU AND YOUR MEDICATION

HELPING YOU TO BECOME AN ACTIVE PARTICIPANT IN YOUR HEALTHCARE

Many of us give little thought to the medications we take. We must consider the foods and/or drinks we take along with our medication, because these can impact our medications. We also sometimes overlook non-prescription (“over-the-counter”) medication we take when we have a cold, flu or upset stomach as being medicine.

Combinations of some prescribed medications or combinations of prescribed medication with over-the-counter medications or with some foods or drinks can cause possible adverse reactions. In some instances, medications meant to help can harm.

WE ENCOURAGE YOU TO EDUCATE AND PROTECT YOURSELF AGAINST POSSIBLE DANGEROUS INTERACTIONS AND/OR THE ALTERED EFFECT OF YOUR PRESCRIBED MEDICATION.

- All of the doctors involved in your care (including your dentist and pharmacist) should be aware of what prescribed medication you are taking, **INCLUDING** any over-the-counter (OTC) medication you occasionally take, including cold medication, aspirin, “natural” supplements, or homeopathic remedies. Certain combinations can increase or decrease the effectiveness of some medications and/or be a potentially dangerous combination.
- Know both the brand name and the generic name of your medication. On many over-the-counter medications the generic name is used on the labeling to indicate the possible drug interactions.
- Before taking that over-the-counter (OTC) medication **READ** the Warnings And Drug Interactions on the label carefully. Even though you do not need a doctor's prescription for that OTC, they are still very powerful.

- The warning labels your pharmacist puts on your prescription bottles is important. Some foods or drinks can seriously affect the medication you are taking. These labels can also help you to avoid side effects with the medication.
- Your age, allergies, symptoms, weight, and your existing illness are all factors that will influence the effectiveness of your medication.
- Don't "share" your medication with another. The medication prescribed for you may be harmful to someone else.
- Have all your prescriptions filled at the same pharmacy. Your pharmacist can monitor your medication and will be alerted for any possible dangerous combination. Make sure your known allergies are on file.

BE AN ACTIVE PARTICIPANT IN YOUR CARE!!!