

Medication Safety

According to the CDC, there are over 1.5 million emergency room visits every year related to medications. They call these “adverse drug events”. This includes allergic reactions, side effects, overmedication (taking too much medicine), and medication errors.

Here are some tips to reduce the “adverse drug events”:

- Keep a list of your prescribed medicines, vitamins, and other supplements
- Follow the directions on the label
- Take your medicine on time
- Turn a light on to see your medicines
- If you wear glasses, put them on to see your medicines
- Use a timer on your phone to remind you to take your medicines throughout the day
- Use a pill box organizer
- Ask your pharmacist questions about medicines you do not recognize or if you do not understand the directions on the label.
- Keep up with any blood testing suggested by your doctor. Some medicine amounts depend on your blood level readings.
- Dispose of your medicines, vitamins, and supplements properly if you are no longer taking them or if they are expired.

Center for Disease Control: www.cdc.gov/medication-safety

U.S. Drug Enforcement Agency for Year-Round medicine drop-off location finder:

<https://apps.dea diversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>