Medication Safety Tips

1. Use only One Pharmacy and One Doctor for all of your medications.
   This allows appropriate monitoring of your medication to help prevent dangerous drug interactions, side effects, and even overdoses.

2. Talk to your doctor about all of your medicines.
   Medicines are an important part of healthcare and wellness. However if taken incorrectly, they can cause harm.
   Take medications only as directed. No extras.
   Talk to your healthcare team.
   Always keep your doctor or healthcare provider informed about how you are feeling. This includes talking to them about your medications and keeping them informed.

3. Your medication is just for you.
   Prescriptions are not for sharing or trading. They are just for your use.
   Your medicines will not work the same way for someone else and may even cause harm.
   You are not a doctor, you don’t know about your friend’s medical history.
   One pill can kill.
   It may be illegal for you to give your medicines to someone else.

4. Never mix pain medications with alcohol or tranquilizers.
   Avoid consuming alcohol with any medicines.
   The combination of pain reducing medications and alcohol cause drowsiness and can interfere with normal breathing.
   Consuming alcohol with acetaminophen (Tylenol) should also be avoided.

5. Lock up or otherwise secure your prescription pain medication.
   Medications have a street value like money. Keep them safe so they are not stolen or lost.
   If a controlled substance is stolen, file a police report.

6. Don’t drive while under the influence of pain or anxiety medications.
   Read all warning labels on your medicines.
   Taking medicines as prescribed may affect driving.
   An increasing number of accidents and crashes are caused by people under the influence of prescription drugs.
   Experts say there may be more “drugged drivers” than drunk drivers on today’s roads.

7. Talk To Your Doctor About Getting Help With Medication Dependence
   Be honest with your doctor about your symptoms and cravings.
   At some point, higher dosages and combinations of multiple medications becomes dangerous.
   If you suffer from chronic pain and anxiety you may find that your body needs more and more medication to get the same relief. You may feel that you need to take your medicines more often than they are prescribed. For instance, your prescription may be to take one pill every 12 hours (twice a day), but you now find yourself taking a pill every 6 hours, which is 4 times a day.
   This is when medications can harm you instead of help. But stopping medication cold turkey may cause a variety of medical risks and problems, not just withdrawals.
   Your doctor can help you cut down on medication safely, and help you find alternative ways to deal with pain and anxiety.

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