



# Medication safety

Knowing all the medicines you take makes it easier to list them on medical forms and to talk to your doctor and pharmacist about them.



Keep a current list of all of the medicines you take. Include prescribed and over-the-counter ones, vitamins, minerals, herbs, etc. Give a copy of the list to your doctor (and pharmacist), as needed.

Mixing some medicines with other medicines, alcohol, drugs, foods, etc. can cause harmful side effects. It can also limit or raise the desired effect of a medicine's action.

Mixing some "natural" products and foods with prescribed medicines can be harmful or make the medicine less effective.

Follow warning labels on medicines and over-the-counter products, too.