



4 “T”s

for Medication Safety

1

TELL your doctor or health care provider if:

- You have had an allergic reaction or bad side effects from medications and foods, such as shrimp.
- If you use alcohol, tobacco, or drugs.

2

TALK about all the medicines you take. This includes:

- Prescribed medications.
- Over-the-counter (OTC) medications, vitamins, and herbal supplements.
- Take an up-to-date list (or all your medication containers) to every office visit.

3

TAKE medications as prescribed.

- Read instructions on prescribed and OTC labels.
- Don't stop taking medications or skip doses without your doctor's advice.
- Discuss any problems you have taking medications.

4

TRACK your usage of medications and when it is time to order refills so you do not run out of prescribed medications. Ask your pharmacy if they offer prescription reminders using text messages.

