



Medication Safety Tips

Medications are intended to provide relief and healing, but sometimes medication-related mistakes occur that put people at unnecessary risk. Follow these common sense safety tips to keep you and your loved ones safer.

In your home

- Keep medications out of the sight and reach of children.
- Read the labels and package inserts of all your medications and supplements.
- Keep medications in their original containers.
- Clean and organize your medicine cabinet at least once or twice a year.
- Dispose of any outdated medicines.
- Ask yourself if you need helpful devices such as a magnifying glass to read labels more easily, pill organizers, or medical alert jewelry.

In the pharmacy

- As much as possible, order all your prescription drugs from the same pharmacy. A single computerized pharmacy system is more likely to catch drug interactions and other medication issues than if you are using multiple pharmacies.

- Set up a consultation with your pharmacist to review your medication regimen, including non-prescription meds, supplements, etc. He or she can help you manage your medications in order to minimize risks.

In your doctor's office

- Ask your doctor about your medication. Know why it is being prescribed and what to expect.
- Make sure your doctor knows about any medication allergies you have.
- Always bring a list of all the medications you're taking, including over-the-counter (OTC) medications and any herbal, vitamin, and dietary supplements.
- Take notes, or bring a family member or loved one to the appointment, to help you keep things straight.
- If you don't understand something, speak up.

Learn more from your healthcare provider, your pharmacist, and the U.S. Food and Drug Administration (www.fda.gov).

Please visit excellusbcs.com for more information about lifestyle changes you can make to improve your health.