

TIPS FOR TAKING MEDICINE SAFELY FROM THE CONNECTICUT POISON CONTROL CENTER

- ❖ Follow the 5 rights when taking medicine:
 - The right person. Be sure that the right person is taking the medicine and do not take another person's medicine.
 - The right dose. Always check for the proper amount. Consider writing down each dose given.
 - The right medicine. Read the label - every time to avoid making a mistake. Know the names of your meds.
 - The right time. Follow the label and take medicine at the correct time of day. Some meds are taken once a day, some four times a day.
 - The right way. Follow instructions. Some medicines interact with certain foods, some need to be taken with food and some should not be taken with other meds.

- ❖ Put your glasses on and turn the lights on before taking medication, especially at night!

- ❖ Do not share medicines. A medicine is prescribed for you and only you.

- ❖ It can be confusing when there are multiple doctors prescribing a variety of medications. Be sure to communicate with each doctor and your pharmacist so they can check for drug interactions.

- ❖ Know the abbreviations for tablespoon (Tbsp) and teaspoon (tsp). Don't confuse them.

- ❖ If the medicine came with a measuring device, such as a dropper, medicine cup, or dosing spoon, only use it and do not substitute another device. Avoid making conversions.

- ❖ Never play doctor. Twice the dose is not appropriate unless advised by a doctor.

- ❖ Always use the child resistant cap and remember they aren't *childproof*. Remember that most poisonings happen when a product is in use. Return container to the cabinet immediately and keep all medicines under lock and key.

- ❖ Discard all expired and unused/leftover medicines.

- ❖ In case of an error in administration or accidental ingestion, don't wait for symptoms to appear; call the Connecticut Poison Control Center at 1-800-222-1222.

For more poison prevention tips go to the Connecticut Poison Control website at <http://poisoncontrol.uchc.edu>