

# POISON PREVENTION FOR SENIORS

## SAFE DOSING

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Older adults commonly call us because they took too much of their own medicine, made a mistake with a household product, took someone else's medicine, took the wrong dose, or are concerned about a drug interaction.

Drug interactions can range from minor to life threatening:

- Make sure you understand how to use and store your medications. If you have questions don't guess, ask for help.
- Make a list of all prescription and over-the-counter medications you take. Include the dosages. Share this with all of your doctors.
- Always use the same pharmacy to fill your prescriptions.
- Each time you get a prescription filled, double-check it to make sure you received the correct medication and dose.
- Keep your medications in their original containers. Never mix or store multiple medications in the same bottle.
- Don't take medications in the dark.
- Try to follow a regular schedule for taking medications.
- Read over-the-counter labels carefully.
- Never take someone else's medication.
- Check with your doctor or pharmacist before taking vitamins or herbal products
- Know the reason you're taking each medication or supplement.



## CALL US

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If you have questions call us at **1-800-222-1222**. Specially trained pharmacists and nurses are available 24/7 to answer your questions or assist you with an emergency.

**OKLAHOMA**  
**POISON**  
**CENTER**

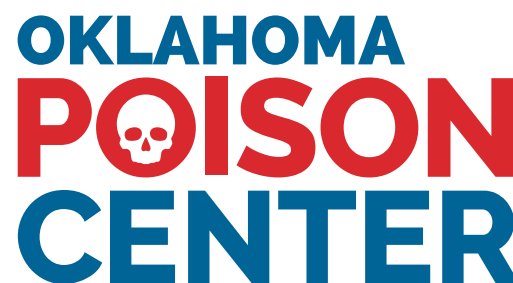
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## Taking Your Medicines Safely

Questions to ask about any medication you are taking:

- What is the name of the medicine?
- What is the medicine for?
- How often do I take the medicine?
- What are the possible side effects?
- What should I do if I miss a dose of my medicine?
- While taking this medicine should I avoid drinking alcohol, driving, eating certain foods, or drinking certain juices?
- While taking this medication should I avoid taking certain over-the-counter medications or other prescription medications?
- While taking this medication should I avoid certain vitamins, herbals, or minerals?



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