

TIPS YOU CAN USE NOW.

Safe Use. Safe Storage. Safe Disposal.

This card is designed to provide you with helpful quick tips on using, storing and disposing of your prescription medicines safely. For full details on each topic and much more valuable information, visit [TakeMedsSeriously.org](https://www.TakeMedsSeriously.org) and look for the icons featured on both sides this card.

Prescription Drug Safety Starts With You.



SAFE USE

Find Out if Your Combination of Medicines Is Safe

Here's how:

- Use the backside of this card to list all medicines you're taking. Please list all prescription and non-prescription medications, herbals, nutritional supplements, eye drops, inhalers, etc that you use.
- Review this medication list once a year with your doctor or pharmacist.
- Ask your doctor or pharmacist to explain each medicine:
 - ✓ What type of medicine are you taking?
 - ✓ Why are you taking it?
 - ✓ How long can you expect to take it?
 - ✓ Any possible side effects?
 - ✓ If the medicine is a narcotic, are there any non-narcotic alternatives?



SAFE STORAGE

- Store prescription medicines in a drawer or cabinet that can be locked or use a lock box.
- Monitor your medicine inventory. Know how much you've used, how much remains, and keep a list of all medicines in the house.
- Make sure other family members secure their medicines before your kids visit them.

(Over)



Unused Medicine by the Numbers:
4 billion prescriptions filled in the U.S. every year. **1/3** of that medicine goes unused. That's **200 million** pounds of unused medication.!



SAFE DISPOSAL

How you dispose of medicines makes a difference.

TakeMedsSeriously.org keeps you informed about:

- "Take-back" locations around the state where medicines can be returned and destroyed.
- The safest home disposal options.



The medications list below is provided for your convenience.
Please refer to the **SAFE USE** section on the front side of this card.

My Medications List

Name & D.O.B. _____

Physician's Name _____

Ph# _____

Pharmacy Name & Ph. # _____

Date form last updated _____

NAME OF MEDICINE	DOSE	DIRECTIONS FOR USE	REASON FOR TAKING IT

Any allergies to medications, foods, iodine, tape or latex? List here:

SOURCE: "Environmental Impact," www.disposemy meds.org, accessed 11/17/14.



Take Action. Learn More: TakeMedsSeriously.org