

Here's what makes *YOU* "Medicine Smart™"

Here are 9 important things you can do to make you "Medicine Smart:"

- ✓ **Make a list of your medicines; share it at every medical visit.**
- ✓ **Ask questions whenever a medicine is prescribed for you.**
For list of questions to ask, go to www.talkaboutrx.org/message.jsp#howtotalkaboutrx
- ✓ **Share important information about your medicine use including any medicine allergies or problems taking medicines.**
- ✓ **Recognize that all medicines have risks as well as benefits and talk about this with your doctor or pharmacist.**
- ✓ **Get the full value of your medicines by following instructions carefully and report any problems if they occur.**
- ✓ **Read carefully all of the written information that comes with your prescription medicine.**
- ✓ **Carefully read and follow the information on the Drug Facts Label on over-the-counter (OTC) medicines.**
- ✓ **Store your medicine safely and away from children.**
- ✓ **Properly dispose of any unused medicine. Not sure how? See www.smarxtdisposal.net/**

Brought to you by the

National Council on Patient Information and Education

www.talkaboutrx.org www.bemedwise.org www.mustforseniors.org

