

My medicine list:

▶ Medicine Name & Strength

Prescription Number

Purpose

Directions

▶ Medicine Name & Strength

Prescription Number

Purpose

Directions

Allergies

Doctor's name & phone number

Pharmacy name & phone number

Carolinan Poison Center phone number
1-800-222-1222

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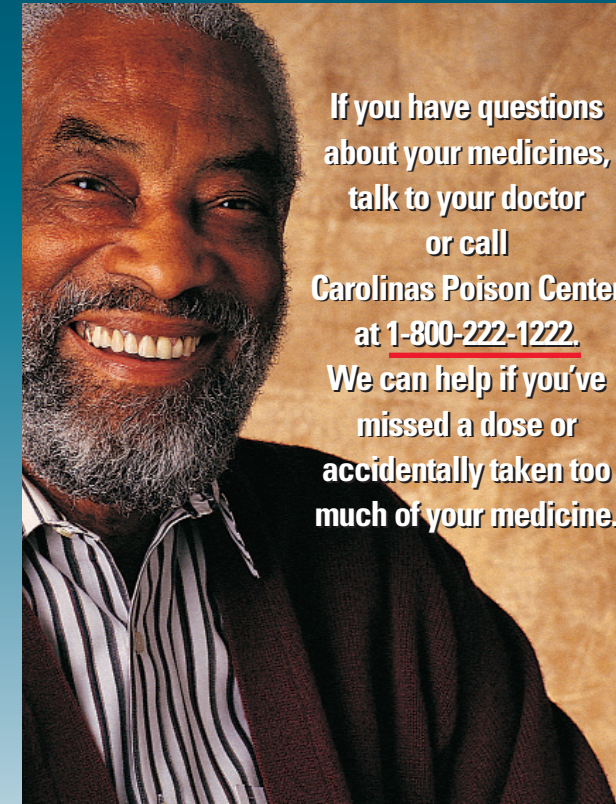
▶ Medicine Name & Strength

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Tear off medicine list and keep in a safe place

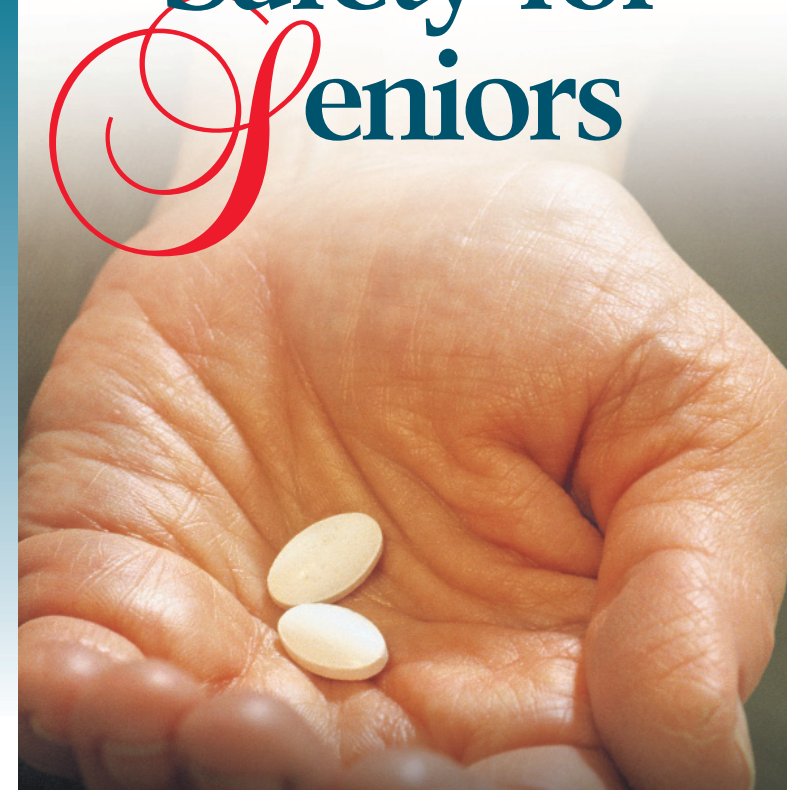


If you have questions about your medicines, talk to your doctor or call Carolinas Poison Center at **1-800-222-1222**. We can help if you've missed a dose or accidentally taken too much of your medicine.



Carolinan Poison Center's Medication Assistance Program (MAP) receives funding through a grant from the NC Health and Wellness Trust Fund (HWTF)

Medicine Safety for Seniors



Includes a helpful tear-off medicine list on the back page



Carolinan Poison Center
1-800-222-1222



How can I take my medicines safely?

- Keep a list of your medicines to take to doctor appointments and for emergencies.
- Store family members' medicines in separate locations so you won't mix up their medicines with yours.
- Never take medicine in the dark — turn on the lights so you can see what you are taking.
- Read the label before taking your medicine. If you wear glasses, make sure you put them on first!
- Keep a daily record of each dose of medicine you take. This will help you not skip a dose or take too many doses of your medicine.

- Never take extra doses of medicine.
- Never take expired medicine.
- Never take anyone else's medicine.
- Just because you feel better, don't stop taking your medicine without talking to your doctor.

What should I ask my doctor?

- What is this medicine for?
- Will you write what this medicine is for on my prescription?
- How long do I need to take this medicine?
- Are there any medicines I should stop taking?
- Tell your doctor about any side effects or allergies you've had in the past or are experiencing now.

My medicine is too expensive for me to afford...

If you're having trouble paying for your medicine, contact The Partnership for Prescription Assistance at 1-888-4PPA-NOW (888-477-2669) or www.pparx.org

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My medicine list: _____
Patient's Name

| |
|--------------------------|
| Medicine Name & Strength |
| Prescription Number |
| Purpose |
| Directions |

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