

TIPS FOR AVOIDING MEDICATION ERRORS

- **Maintain a list** of your prescription and nonprescription drugs, vitamins and dietary supplements. Take that list whenever you visit a healthcare provider.
- **Ask your doctor** to write down the drug's name, dose and how to take it. At the pharmacy, make sure those instructions match what's on the bottle you're given.
- **You can ask** both the doctor and pharmacist about side effects.
- **Pharmacies often** maintain computer records that can flag drugs that will interact dangerously.
- **Information leaflets** usually come with prescription drugs, but ask for one if you don't receive it.
- **If your pills** look different when they're refilled, don't assume the maker changed the size or color -- ask why. You could have been given the wrong drug or dose.