

Know Your Meds

As people get prescribed more medications it gets more confusing to follow each medication's guidelines and regimens. There are no age or gender biases with medicine management, anyone can be affected.

For this reason, you need to:

- **Know your meds**
- **Understand the instructions**
- **Feel comfortable enough with your health care providers to ask questions**

Before leaving the pharmacy, it's important to have a clear understanding of a medication's instructions. Patients should be counseled on every newly prescribed drug. Some pharmacies, like the one at Long Beach Memorial, offer direct phone lines for patients to contact a pharmacist if they ever have any questions, concerns or issues.

Tips for Knowing Your Meds

- Be knowledgeable of what symptoms the medication is for
- Understand the instructions before taking the medication
- Know the side effects that can result from taking the medication
- Keep in mind the strength of your prescription (i.e., 10 mg)
- Make sure the medicine is the same if it's a refill
- Properly dispose of medications that are expired or that you no longer take



Tips for Managing Multiple Meds

- One of the most important things that you can do is keep a current list of all your prescriptions. Carry a wallet size list with you in case of an emergency, and for your doctor appointments; this way there is less risk for drug interactions. When developing your list be sure to include:
 - ✓ Name of the medication
 - ✓ When it was prescribed
 - ✓ How often you take it
 - ✓ What dosage has been prescribed (the dose is better than the number of tablets)
 - ✓ Why you take that particular medication
- If you have trouble remembering when or if you have taken your pills, a 7-day medication organizer can help
- Medication charts can help you take your meds on time throughout the day

Never doubt any confusion you have with your meds. If you don't understand your meds, feel effects from taking your medications or have any concerns contact your medical provider, or if it's serious call 9-1-1.

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800-MEMORIAL
MemorialCare.org/HealthTools