

# Adverse drug events cause over 700,000 emergency department visits each year.

*CDC.gov/MedicationSafety*

## Safer Medication Use

- Follow your doctor's instructions exactly. Talk to your doctor or pharmacist and ask questions.
- If possible, fill your prescriptions at only one pharmacy in order to allow the pharmacist to know about all the medicine you take.
- Advise your doctor and pharmacist about over-the-counter medications and herbal supplements you are taking. These products can greatly interfere with the effectiveness of some prescription medications.
- Ask a pharmacist for help choosing an over-the-counter medication that contains only the ingredients you need.
- Take only your own medication and do not share your medication with others.
- Store medications in a cool, dry place away from light. Unless instructed, do not store medication in the refrigerator or bathroom.
- Children imitate adults; do not take medicine in front of them.
- Take your medication for the entire prescribed time, even if you feel better.
- Read and follow the Drug Facts label every time on over-the-counter medications.
- Measure carefully! Keep together both the medicine and any accompanying dosing device. Never use household spoons to measure medicine.
- Check that all medicines as well as any vitamins and supplements are stored out of reach and sight of young children.
- Ensure that the child safety caps are locked on all medicines.
- Your guests may carry their medications in luggage, handbags or any other carrying case. Please remind them to keep these items out of reach and sight of children.
- Children should not take medications without adult supervision (even over-the-counter medications and vitamins).

**79% of unintentional poisoning deaths in Oklahoma involve at least one prescription drug.**

**OklahomaPoison.org**

Our help line is available 24 hours a day, 7 days a week, and is staffed by a team of specially trained pharmacists and nurses. We welcome your questions such as:

- Best course of action when too much medication was taken, or if a medication was unintentionally taken;
- Medication interactions;
- Whether a medication should be taken on an empty stomach or with food;
- Whether herbal or over-the-counter products interact with a prescribed medication.



46% of the calls from Oklahomans 60 and older involve a medication error. Keep this number near your phone or program it into your cell phone.

CALL 911 if someone has trouble breathing, is having seizures, or has other life-threatening signs.

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**Oklahoma Center for  
Poison & Drug Information**

**(800) 222-1222**

## **Medication Tips**

**We have answers to your medication questions**