

How Friends and Family Can Help You Manage Multiple Medications:



They can:

- Look for side effects you are having, like tiredness, confusion, or poor balance and tell your doctor.
- Accompany you to your doctor's visit and take notes about your medications and treatment plan.
- Review your doctor's notes and treatment plan with you.
- Make a list of your medications and supplements.
- Help you pick up your medications.
- Show the pharmacist your list of medications and supplements and ask the pharmacist if a new medication works safely with the other medications.

Questions To Ask Your Doctor or Pharmacist About Taking Multiple Medications

- Can you review my **current** medications? I want to understand what I'm taking, how to take them and make sure they're not interacting with each other.



- Are all my medications **necessary**? Could one medication help with two conditions?
- Should the **dosage** of any medications be changed?
- Why am I taking this **new** medication? Should I stop other medications?
- What dosage, days and times should I take this **new** medication? Should I take this medication with food?
- What foods, drinks, other medications or activities should I avoid with this **new** medication?

Do You Take More Than One Medication?

Make sure you're aware of the risks and how to avoid them



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Understanding Your Medications

Many people take more than one medication, especially as we get older. These **medications** may be prescribed by your doctor, or they may be **pain relievers, sleep aids, or allergy medications** you can buy without a prescription – also called over-the-counter (OTC) medications.



What are the Possible Problems with Taking Multiple Medications?

- If you take more than one medication, it can be difficult to remember when or how to take each of them.
- When taken together, some medications cause harmful side effects.
- The more medications you take, the **higher your risk** of harmful side effects, so make sure your doctor knows all the medications you are taking.

How Can You Manage Your Medications?

✓ **Make a List**

- Keep a **list** of your medications – include prescription medications, OTC medications, and supplements like vitamins.
- List **days, times, and how much** of each medicine you take, any **allergies** you have to medications, and whether you take each medication with **food**.
- Update this list each time you stop or start a new medication.

✓ **Communicate**

- Give a copy of your list of medications to **all** your healthcare providers.
- Talk to your doctor or pharmacist and make sure you **understand** each medication's dosage, days and times to take it, and possible side effects.
- Let your doctor or pharmacist know if you are having trouble remembering to take your medications
- Talk to your doctor about ways to **simplify** your medications or switch to **generics**.
- For new medications, ask your pharmacist or doctor if it is safe to take with your other medications.
- Review all your medications with your doctor every year.



✓ **Stay Organized**

- Try to use the **same pharmacy** so all your prescription records are in one place.
- Use a **pill organizer** to help keep track of all your medications and when to take them.
- Reload your pill organizer on the same day each week and always keep it in the same place.
- **Set daily reminders** on your cell phone or calendar to help you remember to take your medications.

