

10 Tips for Taking Medication

1



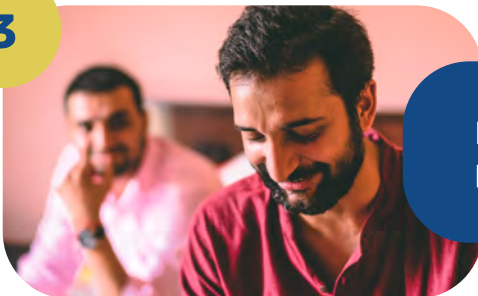
Safe and effective medication management options are available to suit your or your loved ones needs. Your healthcare provider can help you determine the best option for you, such as pill boxes, blister packs or daily delivery of medications.

2



To ensure your safety, do not take any medication that is expired and do not mix different medications in the same bottle.

3



Do not take medications that belong to other people.

4



Before taking medication, read the label carefully. When taking the medication, follow the instructions on the label or those provided by your health care provider.

5



Before starting any new medication or over the counter products (such as multivitamins, natural health products, homeopathic products), it is important to talk to your healthcare provider about whether these are safe for you.

6



You might not see immediate results. Some medications may take longer time than others before you see the effects, so please be patient. Do not change the dosage of your medication and do not stop taking medications without talking to your healthcare provider.

7



Store medications in a place that cannot be reached by children and pets. Do not store medications in areas with moisture fluctuations, such as the bathroom.

8



Do not take medications with unidentified or unapproved ingredients.

9



If you experience any symptoms of an allergic reaction (e.g., rash, swelling or shortness of breath) stop taking the medication and notify your healthcare provider or pharmacist immediately.

10



Consider using an app to remember when to take and refill your medications.