

Manage Your Medications



Stay on Your Feet...

Medications whether they are prescription, over-the-counter, vitamins, supplements, herbal or creams, can help older adults improve or maintain their health.

As you get older, the way medication affects you will change. Some medication may increase your risk for a fall.

Here are a few tips for managing your medication to help you maintain your independence and prevent a fall.

Take as directed

- Be sure you are taking the right medication, at the right time and the right dose. If you are having difficulty remembering to take them, consider using a dosette or blister pack. Your pharmacist can help.
- Talk to your health care provider or pharmacist before stopping or adding any medication, vitamins or supplements to your routine.
- Talk to your health care provider or pharmacist if you are having problems swallowing your medication, opening your medication container or reading the labels.

Medication storage

- Store your medications in a dry, cool place that is not accessible to other people and pets.
- Do not store your medications in the bathroom or over the stove.
- Only store your medications in the fridge if directed.

Know your medication

- Use one pharmacy. It is easier to keep track of medications and any potential interactions if you use the same pharmacy.
- Review all your medications with your health care provider or pharmacist every 6 to 12 months.
- Have your pharmacist print you two copies of your complete medication list. Keep one in your wallet and the other on your fridge for emergencies.

Clean it out

- Medication is hazardous waste. Do not flush it. Do not throw it in the garbage. Help prevent poisonings, abuse and misuse while protecting the environment.
- Return any unused, unwanted or expired medications to your local pharmacy or municipality for safe disposal.
- Do not share your medications. Sharing prescription medications can be harmful and is illegal.
- Dispose of unused medical cannabis by blending the cannabis with water and mixing it with cat litter, to mask the odour. Place it in your regular household garbage.



Ask questions

Here are some questions to ask your health care provider or pharmacist:

- ❑ What is the name of the medication?
- ❑ Why do I need to take it?
- ❑ When and how should I take it?
- ❑ How long do I take it?
- ❑ What are the possible side effects and what should I do if I have them?
- ❑ What should I do if I miss a dose?
- ❑ Does this medication interact with any of my other medications?
- ❑ Should I avoid certain foods or beverages (including alcohol) while taking this medication?
- ❑ Can I drive a car while taking this medication?
- ❑ Can this medication increase my risk of falling?
- ❑ If I am taking prescription pain medication, what are the potential risks?

Stay Active, Stay Independent, and Stay On Your Feet!

For more information on medication safety and other fall prevention tips, call:

Stay On Your Feet Sudbury Manitoulin Falls Prevention Coalition

705.674.4330 or toll-free 1.855.674.4330

stayonyourfeetsudbury@phsd.ca

