1. Know your medicines
   ✓ Know the names, reason for use, and possible side effects.
   ✓ Ask your pharmacist or doctor if you do not understand the instructions.
   ✓ Contact your pharmacist or doctor if you are having a side effect.

2. Take your medicines exactly as directed

3. Continue taking all of your medicines until the doctor says to stop

4. Keep a current list of your medicines
   ✓ Keep an updated list of all of your prescription medicines, sample medicines, over-the-counter (OTC) medicines, vitamins, and dietary/herbal supplements.

5. Do not use old or expired medicines

6. Store medicines in a cool and dry place
   ✓ Do not store medicines in the heat (e.g., near the stove), in direct sunlight (on a windowsill) or in a wet or damp place (bathroom).

7. Store your medicines in one location
   ✓ Keep all of your medicines in one place unless they need to be stored in the fridge.

8. Use only one pharmacy
   ✓ Use only one pharmacy or one pharmacy chain (e.g., Wal-Mart, Giant, CVS, Walgreens, etc.) for all of your prescription medicines.

9. Ask your pharmacist or doctor before taking any over-the-counter (OTC) medicines

10. Read all of your medicine labels and written instructions before taking each medicine

   Do not share your medicines with other people, including family members. Bring an up-to-date medicine list to all of your doctor appointments.

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*Adapted from American Society of Consultant Pharmacists handout of same name.