

# Medication Safety for Seniors

## Safety Tips

### Ways to see better



Wear glasses



Use proper lighting



Use a magnifier



Ask for large print labels

### Ways to track meds



#### Sample routine:

- |                                  |                                 |
|----------------------------------|---------------------------------|
| <b>Time of Day</b>               | <b>Mealtime</b>                 |
| <input type="checkbox"/> Morning | <input type="checkbox"/> Before |
| <input type="checkbox"/> Noon    | <input type="checkbox"/> During |
| <input type="checkbox"/> Evening | <input type="checkbox"/> After  |

### Questions?

Free, confidential 24/7 help  
**1-800-222-1222**



## Ask Questions

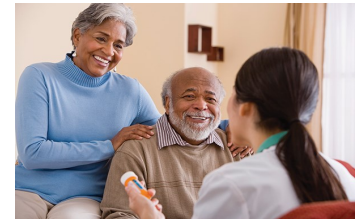
### Questions to ask your Doctor:

What is the **name** of the medication?

What am I **taking it for**?

Are there any **side effects**?

How **long** do I take this medication?



### Questions to ask your **Pharmacist**:



Is the medicine taken with **food** or on an **empty stomach**?

Should certain **food, drink** or other **drugs** be **avoided**?

Is an **easy-opening cap** available?

### Concerns the **Poison Center** can answer:

**Grandchild** getting into senior medications.

Illness occurring from medication **side effects** or **interactions**.

Medication **errors** or **mistakes**.



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[www.poisoncentertampa.org](http://www.poisoncentertampa.org)

