

# 10 STEPS FOR SUCCESS: MANAGING YOUR MEDICINES\*

- 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.**