

Medication Safety Tips for 65+



The more medicine a person takes, the greater the risk of medication errors. Individuals age 65+ are more likely to be taking multiple medications.

- Taking five or more prescription medications may result in falls, drug reactions, hospitalization, and more.
- Remember these tips to get the most from your meds.

Talk to your doctor.

Take a list of all your medicines with you to your medical appointments, including over-the-counter medicines, vitamins, and supplements.

Never share medicine.

Never share your prescription medicine with anyone else or take someone else's medicine.



Take medicine as directed.

Take your medications as prescribed, even if you are feeling better.

Create a reminder system.

Use a calendar, pill box, or another way to help you remember what you need to take and when.



Questions?

If you have questions, ask your doctor or pharmacist, or call the Wisconsin Poison Center by dialing: **1-800-222-1222**.

Questions? Call the Poison Center!

1-800-222-1222

Wisconsin Poison Center

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