

## **Family Care Associates of Effingham, S.C.**

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### **Medication Do's and Don'ts**

#### ***5 Medication DO's...***

- **DO** take each medication exactly as it is prescribed.
- **DO** make sure that all your doctor's know about all your medications
- **DO** let your doctors know about any other over-the-counter medications, vitamins, supplements, or herbs that you use.
- **DO** try to use the same pharmacy to fill all your prescriptions, so that they can help you keep track of everything you're taking.
- **DO** keep medications out of the reach of children and pets.

#### ***5 Medication DON'Ts...***

- **DON'T** change your medication dose or schedule without talking with your doctor
- **DON'T** use medication prescribed for someone else.
- **DON'T** crush or break pills unless your doctor instructs you to do so.
- **DON'T** use medication that has passed its expiration date. A medication given after the expiration date may have changed in potency or even formed harmful material
- **DON'T** store your medications in locations that are humid, too hot, or too cold. For example, the bathroom cabinet may not be the best place for your medication.