

EMPLOYEES: BE EMPOWERED

START TALKING!

about safe & responsible medication practices



We take a lot of meds!

- 70% take at least one
- 50% take at least 2
- 20% take 5 or more



Many are Abused

- Second only to marijuana
- Higher than all other drugs of abuse COMBINED
- Classified as an epidemic

Start Talking! BIZ

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Take an active role!

1. Talk to your doctor
2. Talk to your pharmacist
3. Use as directed
4. Avoid sharing (on purpose or unintentionally)
5. Dispose of medications properly

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1. TALK TO YOUR DOCTOR

- Right & responsibility
- BEFORE prescribed a drug
- Prepare questions
 1. Questions about symptoms
 2. Questions about the drug
 3. Questions about taking the drug



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Questions about Your Symptoms

- Where do you think my symptoms are coming from?
- Is there anything I can do to prevent this condition in the future?
- What are some things – besides taking meds – that I could do to manage the symptoms?

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Questions about the Drug

- Can you please spell the name of the drug?
- Is this the brand or generic version of the drug? Is a generic available that might cost less?
- Do you have any samples of this drug to get me started?
- Are there discount cards available for this drug?
- What is this medication supposed to do?
- What are the most important things you think I should know about this drug?
- Does it have addiction potential?

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Questions about Taking the Drug

- How might this drug interact with other things I am taking (including over-the-counter medications, supplements, herbal products or food)?
- What are the possible side effects?
- When do you anticipate I will experience the intended effects of the medication?
- When should I take the medication?
- How will I know when it's time to stop taking the medication?
- How will my progress with this drug be monitored?
- How might this drug negatively impact my job?

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2. TALK TO YOUR PHARMACIST

- Personal relationship
- Most qualified to answer questions
- Can help monitor
- One pharmacy
- Prepare questions for
 - before the drug is prescribed
 - after the drug is prescribed



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Ask Before the Rx is Filled

- Do you have a record of my allergies?
- What about a current list of other medications I am taking (including over-the-counter products)?
- How much will I be charged for this medication?
- Is there a generic form of this drug?
- Does the pharmaceutical company offer any discount cards for this medication?
- Does this medication have addiction potential?

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Ask After the Rx is Filled

- Do you have any concerns about this drug based on what I'm already taking?
- What are the most important things you think I should know about this medication?
- What's the best time of day to take this medication?
- Do I need to get up in the middle of the night to take it?
- Should I take it with food or drink?
- What things should I avoid while taking this medication - like exposure to the sun, alcohol, certain activities or certain foods?
- What should I do if I miss a dose or take too much?
- What's the best way to store and dispose of this medication?
- Is it safe to take this medication if I am or become pregnant?

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3. USE AS DIRECTED

- Read the label
- Read accompanying information
- Ask before increasing or decreasing dose
- Respect warnings
- Alert doctor to any changes
- Keep in original containers
- Talk to doctor if you can't afford the meds

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4. AVOID SHARING

- Class E-federal offense
- Health and safety risks
 - labeling
 - allergies
 - other medical conditions
 - dosing

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Don't share by accident!

- Keep meds in secure location
- Consider a place other than a bathroom
- Keep out of sight and reach of children
- Store in original containers
- Keep close inventory of meds

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5. DISPOSE OF MEDICATIONS APPROPRIATELY

- Return unused, unneeded or expired Rx meds
- Mix meds with unpalatable substance
- Place mixture in sealed bag
- Throw bag in household trash
- Scratch-out information on Rx bottle and throw in trash

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Know someone with a problem?

- Help is available
- Contact a professional
- Check out resources available

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The abuse of prescription medications is
100% preventable!



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