

## **Medication Do's**

- DO understand all instructions before you take a medication.
- DO follow instructions exactly. If you miss a dose, do not take two doses next time without calling your doctor.
- DO keep all medications in one place.
- DO keep medications taken by mouth separate from those you put on skin.
- DO check the expiration dates on all prescription and over-the-counter drugs.
- DO organize a system for taking medications, such as a chart or a plastic pill container.

## **Medication Don'ts**

- DON'T drink alcohol in combination with other drugs without first asking a doctor or pharmacist.
- DON'T give, take, or trade medications with another person.
- DON'T transfer a drug from its original container to another, except for pill containers.
- DON'T save medications for future use.
- DON'T take medications in the dark.
- DON'T stop taking medications without first checking with a doctor.
- DON'T break pills without first checking with a doctor or pharmacist.