

Tips for Taking Medications

Take your medications the whole time they are prescribed.

Take only your own medications.

Know about your medications.

Always read and follow the directions on the label carefully.

Plan for medications you need to take during the night.

Plan ahead for when you travel.

Keep medicines out of the reach of children.

Get prescriptions refilled early.

Store medications properly in a cool, dry place away from bright light.

Always keep medications in their original containers.

Read the patient information provided by the pharmacy on each medicine.

Carolina Community Health
Partnership Network
Case Management Services



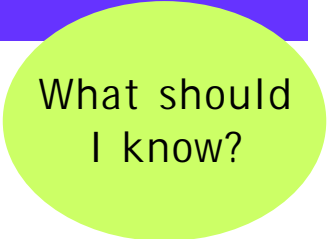
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Carolina Community
Health Partnership

Medications and Side Effects:



What should
I know?



Side Effects

What are Side Effects?

Side effects are problems that may occur from taking a medication that are either unwanted or unexpected.

Although medications can make you feel better and help make you well, it is important to remember that ALL medications have risks as well as benefits. Side effects may be predictable or unpredictable and may range from mild to severe.

When side effects of a necessary medication are severe or bothersome, sometimes a second medication, life-style change, dietary change or other modification may help to minimize them.



Think it through:
Weigh the risks and
benefits of
medications.

Common Side Effects

Headache
Nausea/Vomiting
Constipation
Diarrhea
Fatigue
Drowsiness
Dizziness
Skin rash
Dry mouth



Remember that
common side
effects occur only
about 2% of the
time.

More Serious Side Effects

Changes in blood pressure
Liver or kidney damage
Irregular heart beat
Effects on blood sugar
Effects on blood clotting
Memory loss or confusion
Swelling
Blurred vision
Trouble breathing
Depression

When to call the doctor

Call your doctor right away any time you experience an unwanted side effect. Your doctor can help you sort through side effects and determine which ones are of concern. Work together with your doctor, pharmacist or other health care professional to better manage the benefits and risks of your medicines.

How to Avoid Side Effects

Know the Medications you take and keep a list to share with your health care providers. Don't forget to include vitamins, over-the-counter medications, and herbal supplements.

Monitor your medicine's effects and keep track of them. Pay attention to how you are feeling and note any changes.

Talk to your doctor, pharmacist or other health care provider about side effects you experience.

Read all labels and follow directions carefully. Always double check and ask questions when you don't understand something.

Avoid interactions. Use the same pharmacy for all your medication whenever possible and ask your doctor or pharmacist before you start any new medicine or supplement.

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