

You & Your Medication



- Learn About Your Medications
 - Read medicine labels and package inserts.
 - If reading the label is hard for you, ask your pharmacist to print information in a larger font size.
 - Understand the possible side effects.
- Take Your Medicine as Prescribed
 - Know when and how often to take your medicine.
 - Be aware of any foods or other drugs that may affect or interfere with your medication.
 - Misuse can happen unintentionally, be aware of the signs of a potential medication-related problem.
- Coordinate to Your Healthcare Team
 - The more they know, the more they can help you.
 - If you have multiple doctors make sure they are all aware of any medications, health concerns, and medical conditions.
 - Tell your doctor(s) about ALL medications you are taking including over-the-counter and supplements.
- Carry a List of Your Medications with You
 - Include all over-the-counter & prescriptions medications as well as any vitamins or supplements you may be taking
 - Keep a list of medications that lists; how to use, potential side effects, etc.
- Do a Yearly Medication ‘Check-Up’
 - Go through you medicine cabinet to get rid of any old or expired medicines.
 - Dispose of any old medications at the police or sheriff department.
 - Make sure your doctor(s) are update on all medications you are taking.
- Keep Medications in a Safe Place
 - Keep your medications out of the sight and reach of children and pets.
 - Keep your medications in a safe place to avoid potential theft or misuse.
- If You Have Questions, Ask a Pharmacist
 - Your pharmacist can help you understand how your medicines work, what side effects to expect.
 - If possible, try to use the same pharmacist.
 - Many pharmacists keep track of medicines and supplements you are taking to make sure your medications don’t interact harmfully with one another.

Sources:

[1] *Medicine and You* Council on Family Health & U.S. Department of Health and Human Services www.eldercare.gov
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Additional Resources

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Linn County Emergency Management

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 892-6500
<http://www.linncounty-ema.org>

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>

