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SEVEN HABITS FOR EFFECTIVE MEDICATION USE

1. Keep a personal list of all drug therapy, including prescribed drugs, nonprescription drugs, home remedies and medical food that you take and show it to the health professionals managing your care.
2. Maintain a list of medications you cannot take (for example, because you are allergic to them).
3. Learn the names of the drug products that are prescribed for you, the dose strength and the schedule for taking them.
4. Repeat back all directions to your health-system pharmacist, doctor or nurse to verify that you understand how and when to take your medications.
5. Question anything you don't understand or that doesn't seem right.
6. If you are too ill to do this yourself, ask a relative or friend to help.
7. If you suspect that a medication has been misused, call 911 immediately. Give the emergency medical personnel a sample of the medication (or medications) that were taken, preferably in the original bottle or packaging so that the name and dosage instructions can be determined.

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The Pharmacy Society of Wisconsin (PSW) is a 1,800 member professional association that represents pharmacy practitioners in all aspects of pharmacy, including hospitals, chain pharmacies, independent pharmacies, long-term care facilities, home care and other components of health care. PSW provides leadership in education, advocacy and innovative services which optimize patient care through the utilization and support of rational drug therapy as a primary resource in a changing health care environment.