

MEDICINE REVIEW: TIPS FOR YOU

Alliant Health Solutions is Working with YOU to Make Health Care Better

EVERY MEDICINE, EVERY TIME

Keeping track of your medications will help keep you safe and healthy.



Bring to Doctor

Reviewing your medications at doctor visits is the best way to make sure your doctor knows all of the medicines that you take. Your doctor also wants to make sure that you take the correct medicine in the correct amount at the correct time.

Keeping an accurate list helps avoid problems that could hurt you, such as:

- Drug Interactions
- Food Interactions
- Missing Medications
- Duplicate Medications
- Incorrect Dose
- Incorrect Time or Frequency



All Meds

Bring all of your medications to doctor visits, including:

- All prescriptions you take
- Any prescriptions you no longer take
- Over-the-Counter (OTC) medicines such as Aspirin or Benadryl
- Vitamins & Herbs
- Eye drops, creams, patches and inhalers
- Testing or self-monitoring supplies



Ask for Updated List

After your doctor has reviewed all of your medicines, ask for a printout of the updated medicine list and share it with your other doctors and pharmacy.

Talk to your doctor or pharmacist about ANY medicine question or concern, especially if you cannot read the name of a medicine or understand the directions. NEVER stop taking medicine without telling your doctor.