Medications and Your Health

Name

- Take medication(s) as prescribed.
- Do not stop medication(s) without first checking with your doctor.
- Do not restart medication(s) without first checking with your doctor.
- Do not skip or double up on your medication(s).
- Make sure your medication(s) have not expired; check the dates!

- Check with your pharmacist before drinking alcohol when taking prescription medication(s).
- Tell your doctor about ALL medication(s) you are taking, including over-the-counter vitamins and supplements.
- Do not smoke and avoid secondhand smoke.

Green Zone: All Clear

If you:

- Have no side effects with medication(s)
- Take your medication(s) as prescribed
- Are getting your medication(s) filled regularly

Yellow Zone: Caution

If you have **any** of the following:

- Problems taking your medication(s) as prescribed by your doctor (e.g., missing or skipping doses)
- Trouble urinating
- Constipation or diarrhea
- Side effects like fatigue, weakness, dizziness, swelling or hands or feet

- Upset stomach or abdominal pain
- ✓ Blurred vision
- Dark, tarry stools, or noticeable blood in stool
- Ringing in the ears
- Feeling "off balance"
- **Excessive tiredness**
- Head feels "fuzzy"

Green Zone could mean:

✓ You're doing well.



Yellow Zone could mean:

- You may need further education or support regarding medication management.
- You could be having side effects to your medication(s).
- Your medication(s) may need adjustment.
- Contact your doctor and share your symptoms.

Doctor:			
Phone: _			

Red Zone: Medical Alert! Stop and Think

If you have any of the following:

- Loss of consciousness or fainting
- ✓ Develop a rash
- Cannot urinate

- ✓ Blurred vision
- ✓ No bowel movement for 3. or more days (particularly when taking a narcotic)
- Vomiting blood



Red Zone could mean:

- ✓ You need to be seen by a healthcare professional right away.
- ✓ If you cannot reach your doctor, go to the emergency room, or
- ✓ Call 9-1-1

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