

Medications and Your Health

Name _____

Date _____

- Follow your medical or mental health providers' directions regarding medication
- Do not stop medicines without first checking with your medical or mental health provider
- Do not restart medicines without first checking with your doctor
- Do not skip or double up on your medicines

- Make sure your medicines have not expired; check the dates!
- Check with your pharmacist before drinking alcohol when taking prescription medicines
- Tell your doctor about ALL medications you are taking, including over-the-counter vitamins

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

What this could mean:

- ✓ Your symptoms are under control

Yellow Zone: Caution

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

- ✓ Problems taking your medication(s) as prescribed by your medical provider (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 your stool
- ✓ Ringing in the ears
- ✓ Feeling "off balance"
- ✓ Excessive tiredness
- ✓ "Foggy thinking"

What this could mean:

- ✓ You may need further education or support on medication management
- ✓ You could be having side effects to the medication(s)
- ✓ Your medication(s) may need adjustment
- ✓ Your medication(s) may be affecting your digestive system

If you notice a Yellow Zone Caution, work closely with your healthcare team. Call your home care nurse, primary care doctor, and/or your mental health provider.

Doctor: _____

Phone: _____

Instructions: _____

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 three or more days (particularly when taking a narcotic)
- ✓ Vomiting blood

What this could mean:

- ✓ **You need to be evaluated by a healthcare professional immediately**
- ✓ **Call 9-1-1**
- ✓ **Notify your healthcare provider's office**

