

Medications and Your Health

Name _____

Date _____

- 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.

Green Zone could mean:

- ✓ You're doing well.

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 of 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."

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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