

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

What this could mean:

- If you:
- ✓ Have no side effects with medication(s)
 - ✓ Take your medication(s) as prescribed (although a 1–2 pound gain may occur some days)
 - ✓ Are getting your medication(s) filled regularly

- ✓ Your symptoms are under control

Yellow Zone: Caution

What this could mean:

- If you have **any** of the following:
- | | |
|---|---|
| ✓ Problems taking your medication(s) as prescribed by your medical provider (e.g., missing or skipping doses) | ✓ Upset stomach or abdominal pain |
| ✓ Trouble urinating | ✓ Blurred vision |
| ✓ Constipation or diarrhea | ✓ Dark, tarry stools, or noticeable blood in your stool |
| ✓ Side effects like fatigue, weakness, dizziness, swelling or hands or feet | ✓ Ringing in the ears |
| | ✓ Feeling "off balance" |
| | ✓ Excessive tiredness |
| | ✓ "Foggy thinking" |

- ✓ 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

What this could mean:

- If you have **any** of the following:
- | | |
|-------------------------------------|--|
| ✓ Loss of consciousness or fainting | ✓ No bowel movement for three or more days (particularly when taking a narcotic) |
| ✓ Develop a rash | ✓ Vomiting blood |
| ✓ Cannot urinate | |
| ✓ Blurred vision | |

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

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