

Ask questions about your medicine...

- ▶ What is the name of the medicine and what is it supposed to do?
- ▶ How and when do I take it?
- ▶ What foods, beverages, other medicine or activities should I avoid while taking this medication?
- ▶ Are there any side effects, and what should I do if they occur?
- ▶ Is written information available about this medicine?
- ▶ Know what you are allergic to and what reactions you have had, and share this information.

QUESTIONS? Ask a Pharmacist!

Our PCHC Pharmacy Staff is here to serve you. Call **207.992.4100** or visit any of these PCHC Pharmacy locations:

Brewer Medical Center

735 Wilson Street, Brewer
207.992.4100 option 3

Helen Hunt Health Center

242 Brunswick Street, Old Town
207.992.4100 option 2

Penobscot Community Health Center

1012 Union Street, Bangor
207.992.4100 option 1

Seaport Community Health Center

53 Schoodic Drive, Belfast
207.992.4100 option 4

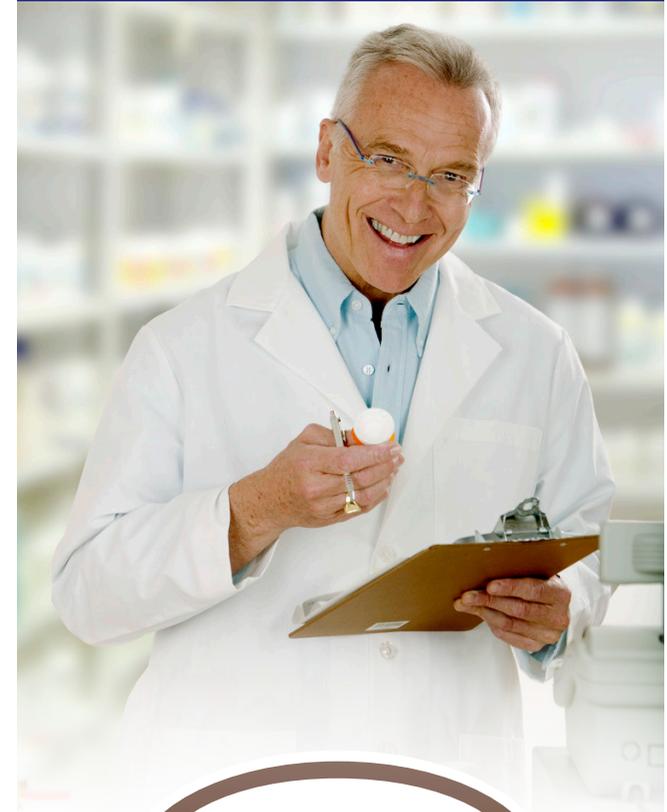


For additional copies of this brochure
and/or blank medication cards, call:
207.404.8000

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YOUR GUIDE TO

Medication SAFETY



**Penobscot Community
Health Care**



Take the time to learn about your medicines.
Talk with your primary care provider, your pharmacist, your nurse or other healthcare providers to get the information you need.

Take an active role in medication safety

- ▶ Read the label every time you take your medications, and follow instructions carefully.
- ▶ Don't chew, crush or break any capsules or tablets unless instructed by your physician.
- ▶ Use only the cup or other measuring device supplied with the drug when administering liquid medications.
- ▶ Store medication out of reach of children and pets and away from household chemicals.
- ▶ Never take someone else's medicine, and never give your medication to others.
- ▶ Ask your primary care provider or pharmacist about using vitamins, herbal supplements or over-the-counter drugs.

Your Medication Card

The enclosed card helps you keep an accurate personal health record. On it, list your medicine and supplement use, plus other health information. We suggest you **write clearly and in pencil**, so you can keep the card updated. **Always carry it with you**, in your wallet or purse. **Share it with all health care providers** when you see them.



Reminder: Whenever you add or stop taking a prescription or other medicine, be sure to update your Medication Card.

Using your Medication Card

List everything you take, including:

- Prescription medicines
- Over-the-counter (OTC) products
- Dietary supplements
- Herbal remedies
- Eye drops
- Inhalers
- Oxygen
- Creams/ointments



List how much (dose) and when you take each medicine.

Carry the card with you at all times.

At your doctor's office, present the card for updating.

At the pharmacy, ask your pharmacist to review the card when a new prescription is added.

At the hospital, ask your nurse to review the card when you are admitted and again when you are discharged.

Keep your card up to date. This is very important.