POISONING PREVENTION WHEN CARING FOR OLDER ADULTS

• Keep a list of all medicines in the house including herbals, vitamins, supplements, over-the-counter and prescription medications.
• Communicate and stay informed: Ask your pharmacist or doctor to explain each medicine, possible side effects, and interactions with other medicines and foods.
• Use one pharmacy: Older adults often have multiple medications. Obtaining medicines at one pharmacy increases the likelihood of detecting a possible drug interaction.
• If you use a pill minder make note of what medications are in the pill minder and how many. If possible choose a pill minder that has an adult-lock.

Encourage all adults to follow these rules each time they take medication:

1. Turn on the lights
2. Get your glasses
3. Read the label