

Appropriate Medication Use



Medicines are used to help you control, delay, or eradicate diseases according to the concerns for which your doctor has ordered them. If medicines are used in the correct way, they will fulfill their purpose. Failure to do so could result in an increased number of doctor or hospital visits due to mishandling or over-combination of medications. Therefore, this could alter the effect these substances have on your body and cause side effects. For this reason, it is important to know and clarify with your doctor the doubts related to your health conditions, the treatments that have been recommended, among these, the use of medications. There are reasons to take

precautions, for example, pregnant and lactating women should not use any medication or vitamin supplements without first consulting their doctor. If you are responsible for keeping track of someone else's medications, just like your own, you should read the labels carefully to avoid confusion, answer questions, and keep track of medications. Follow the template below to record the medications you use:

Pick up date	Name	Expiration date	Dose	Frequency	Function	Repetition
<i>When did you pick them up at the pharmacy?</i>	<i>What is the medicine called?</i>	<i>When does it expire?</i>	<i>What quantity are you using?</i>	<i>How often do you use it?</i>	<i>What is it for?</i>	<i>Do you need another prescription?</i>

Read the label

Before using any medicine you should read the label.

It is important to identify ingredients or allergic reactions associated with their use.

Avoid complications due to ignorance

Some medications could cause side effects such as sleepiness, bleeding, headache, nausea, among others.

It is important that the doctor or pharmacist advises you on the effects that you may experience.

Asked for

You must know the name, what it is used for, and when you should use it.

You should know what to do if you forget to use it or experience any side effects.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with emotional and physical concerns that occur during and after your medical treatment, please visit your primary care physician or contact our service lines at the following numbers:

Medical Advice Line

1-844-347-7801

TTY/TDD: 1-844-347-7804

APS Healthcare

References:

(2022) <https://health.gov/espanol/myhealthfinder/llevar-vida-sana/precauciones-seguridad/toma-medicamentos-forma-segura>

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