

Your Health Matters

MANAGING YOUR MEDICATIONS

Certain types of medications and taking multiple medications can make you more likely to have a fall.

Tips:

- Report medication side effects such as dizziness, weakness, confusion or unsteadiness to your doctor or pharmacist.
- Carry an up-to-date list of your medications.
- Do not take medication after the expiry date.
- Buy all medications at one pharmacy.
- Consult your pharmacist before taking over-the-counter medications.
- Talk to your pharmacist about using a dosette or blister pack to help you take the right amount of medication at the right time.
- Take any unused or expired medications to the pharmacy for disposal.



Available in multiple formats