



EYLANI FOUNDATION & Eylani Community Health Network

EDUCATE | EMPOWER | ELEVATE | EQUITY



Safe
Medicines
Stronger
Communities



HEALTHY LIVING SERIES

Medication Safety 101

Know Your Medications. Keep Your Care Team Informed. Stay Safer.



Why It Matters

Medications can improve your health, manage chronic conditions, and help you live a better quality of life. However, they can also cause side effects, allergic reactions, and interactions with other medicines, supplements, foods, or medical conditions. Keeping your healthcare team informed helps ensure your medications are **safe, effective, and appropriate** for you.



Keep an Updated Medication List

Include all the medicines and supplements you take, including:

- ✓ Prescription medicines
- ✓ Over-the-counter (OTC) medicines
- ✓ Vitamins
- ✓ Herbal products
- ✓ Dietary supplements

For each medicine, include:

- Name of the medicine
- Dose or amount
- How often you take it
- Why you take it
- Prescriber's name (if applicable)



Questions to Ask About Your Medications

Be informed and involved in your care. Ask your pharmacist or prescriber:

- ✓ Why am I taking this medicine?
- ✓ How and when should I take it?
- ✓ What are the most common side effects?
- ✓ What should I do if I miss a dose?
- ✓ Could this medicine interact with other medicines, supplements, foods, drinks, or my health conditions?



Your Pharmacist Is Part of Your Care Team

Pharmacists are medication experts who can:

- ✓ Answer your questions
- ✓ Review possible drug interactions
- ✓ Help you understand how to take your medicines safely
- ✓ Provide guidance on over-the-counter medicines, vitamins, and supplements
- ✓ Work with your healthcare team to support your care



Medication Review

Bring an updated medication list or your medication containers to your routine healthcare visits and pharmacy reviews. This helps your provider and pharmacist:

- ✓ Make sure your medications are still needed
- ✓ Check for potential interactions
- ✓ Determine if doses need to be adjusted
- ✓ Identify duplicate medicines



Tell all healthcare professionals about your allergies and any previous reactions to medications.



Use Medicines Safely

- ✓ Read and follow the label instructions.
- ✓ Take medicines only as directed.
- ✓ Never stop, start, or change a medicine without consulting a qualified healthcare professional.
- ✓ Don't share prescription medicines with others.
- ✓ Store medicines safely, out of reach of children and others.



Safe Disposal

- ✓ The FDA recommends take-back options (such as local drug take-back events or authorized collection sites) as the best way to dispose of most unused or expired medicines.
- ✓ Do not flush medicines down the toilet unless they are specifically on the FDA flush list and a take-back option is not readily available.



Learn More

Visit www.echnchicago.com for more health education, tools, and community support.



Need Help?

Talk with your pharmacist, prescriber, or other qualified healthcare professional about your medications, questions, or concerns.



Related Topics in the Healthy Living Series:

- Preventive Care 101
- Copay vs. Coinsurance
- Stress vs. Anxiety
- Financial Wellness & Your Health
- Breast Health & Screening



This information is for educational purposes only and is not medical or pharmacy advice. Medication needs, risks, interactions, and instructions vary by person and product. Always follow your medication label and consult a qualified healthcare professional or pharmacist about questions or changes to your medicines.

Sources:

- U.S. Food and Drug Administration (FDA)
 - MedlinePlus, U.S. National Library of Medicine
- Accessed October 2026.

