

Prescription Drugs: Safe Handling And Use

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Over the course of your life, you may be prescribed medication to help regulate your body's unique chemistry, treat a chronic illness or assist with intense pain as a result of an injury or medical procedure. Pharmaceuticals can improve your health and prolong your life, but they can also come with hidden dangers that can lead to harm and even death.

Here are some recommendations to help you safely use prescription drugs and avoid the dangers that can quickly and easily develop from misuse:

- Make sure your doctor is aware of any allergies or health complications before accepting a prescription, especially if there are side effects that may exacerbate a pre-existing condition or conflict with any other medications you may already be taking.
- Read the drug fact sheet that's typically supplied by your pharmacist when you have your prescription filled. If a fact sheet is not provided, ask your pharmacist for one or any other information that may be available.
- If you experience any complications with your medication, immediately contact your healthcare provider.
- Take only the recommended dosage each day. If you find that the dosage is inadequate or that you're taking more than prescribed each day, contact your healthcare provider.

- Do not share your prescription medication or ask for drugs from others, as it is illegal to take or distribute medicines that require prescriptions. You may also be held liable for any harm that comes to another from sharing your medication.
- Just because you are prescribed a painkiller, it doesn't mean that you're required to take your daily dosage. If the pain is tolerable or less than expected, you may not need the medicine at all.
- Safely dispose of any medicines that are expired or unused. Your local pharmacy may have a special process for disposing of medicines or instructions for you to follow to dispose of them on your own. For additional information, visit www.fda.gov/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/safedisposalofmedicines/ucm186187.htm
- If you are uncomfortable taking medications for certain needs or are concerned that you may have been overprescribed a potentially addictive drug, do not hesitate to seek a second opinion from another healthcare professional. You are in control of your health and have every right to make sure your wellbeing is protected.

Let WellConnect help you wade through the tough life questions. You don't have to do it alone.



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