



## Manage Your Medicines

All medicines have side effects and some side effects can increase your risk of falling. The side effects will be different from person to person. They can also change when different medicines are given together. For this reason, it is important for you to understand how different medicines may affect you.

### Tips for Safe Medicine Use

- \* Ask questions and learn about your medicines.  
*Talk to your doctor or pharmacist to make sure you understand the medicines you are taking and what the side effects could be. Check before taking any over-the-counter medicines or herbal remedies with prescription medicines.*
- \* Keep an up-to-date list of the medicines you take .  
*Know why you are taking the medicines on your list. Carry this list in your wallet.*
- \* Get your medicines reviewed regularly.  
*Take your medicines with you to every doctor visit. Review your medications with your doctor or pharmacist at least every 6 months and whenever any medication is added or stopped. This helps to make sure that you are taking the right medicine at the right dose at the right time.*
- \* Use the same pharmacy all the time.

***Take action because falls are no accident!***

Five Hills Health Region  
Working together to prevent falls.

