



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Deutsch & Associates, LLC

The misuse of antibiotics has contributed to one of the world's most pressing public health problems today: antibiotic resistance. The only way to prevent the spread of bacterial disease is through smart antibiotic use.

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GETTING THE MOST FROM YOUR MEDICATION

Taking medication may seem like a simple task because the instructions are on the container. While that's true, there's more to the safe and effective use of drugs than what is on the label.

Get the Facts

You should know what your medication is supposed to do for you, and what it is not. You also need to know whether there are particular times and procedures for taking it. Your doctor is your best source of information, so be sure to ask the right questions to get all the facts you need, including the following:

- How long will it take the medicine to start working?
- How can I recognize an allergic reaction to the drug?
- What side effects may occur, and should I report them?
- Is a certain time of day best for taking this medication?
- Should I take it before or after eating, or with food?
- Should I avoid taking it with certain foods or drinks?
- What should I do if I miss a dose?
- How long should I continue to take this drug?
- Should I avoid the sun or any specific activities while taking this medication?
- May I continue taking my other medications while I am on this drug? If so, can I take them all together?
- Would the generic version be an acceptable alternative?

Make it Easy on Yourself

In general, there are things you can do to make taking a prescription medication as safe and easy as possible, including:

- Drink some water to lubricate your esophagus before taking a pill.
- Shake liquid medication thoroughly before each dose.
- Use a measuring spoon, not a regular kitchen spoon, for liquid medication.
- Use a checklist or drug-organizing container if you need to take multiple drugs at different times each day.
- Keep all medications in their original containers to avoid mistakes.
- Keep all medications out of reach of children, and do not store in direct sunlight, the freezer, humid conditions or hot automobiles.
- Do not mix tablets or capsules into food without consulting your doctor.
- Refrain from drinking alcohol while taking prescription medications.
- Consult your doctor before taking any drugs if you are pregnant, planning to get pregnant or if you are breastfeeding.

For more information about safe and effective use of prescription medications, please visit

www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/default.htm