

# Take Time To Care

For yourself for those who need you

This document was developed by FDA's Office of Women's Health (OWH) and the National Association of Chain Drug Stores (NACDS).

<http://www.fda.gov/womens>



# My Medicines

## Take Time To Care

For yourself...for those who need you

### USE MEDICINES WISELY

About 30% to 50% of those who use medicines do not use them as directed. This causes more doctor visits, hospital stays, lost wages and changed prescriptions. All this costs Americans more than \$100 billion each year.

Adults often take care of medicines for the whole family, as well as themselves. So we need to read the label, avoid problems, ask questions and keep a record.

#### 1. READ THE LABEL

Before you take any medicine, read the label. The label should show:

**List of ingredients** - If you know you are allergic to anything in the medicine, don't use it. Ask your doctor or pharmacist for a different medicine.

**Warnings** - Read these carefully.

**The expiration date** - Do not use a medicine after the date on the bottle. It may not work as well.

For more information on your medicines ask your pharmacist.

#### 2. AVOID PROBLEMS

Medicines can cause problems, or side effects; such as sleepiness, vomiting, bleeding, headaches or rashes. Ask about the side effects of the medicines you are taking. Talk with your doctor, pharmacist, or nurse.

Organize your medicines.

Do not skip taking your medicines.

Do not share medicines.

Do not take medicine in the dark.

