

Medications and Your Health

Name _____

Date _____

- Take medication(s) as prescribed.
- Do not stop medication(s) without first checking with your doctor.
- Do not restart medication(s) without first checking with your doctor.
- Do not skip or double up on your medication(s).
- Make sure your medication(s) have not expired; check the dates!

- Check with your pharmacist before drinking alcohol when taking prescription medication(s).
- Tell your doctor about ALL medication(s) you are taking, including over-the-counter vitamins and supplements.
- Do not smoke and avoid secondhand smoke.



Green Zone: All Clear

If you:

- ✓ Have no side effects with medication(s)
- ✓ Take your medication(s) as prescribed
- ✓ Are getting your medication(s) filled regularly

Green Zone could mean:

- ✓ You're doing well.

Yellow Zone: Caution

If you have **any** of the following:

- ✓ Problems taking your medication(s) as prescribed by your doctor (e.g., missing or skipping doses)
- ✓ Trouble urinating
- ✓ Constipation or diarrhea
- ✓ Side effects like fatigue, weakness, dizziness, swelling or hands or feet
- ✓ Upset stomach or abdominal pain
- ✓ Blurred vision
- ✓ Dark, tarry stools, or noticeable blood in stool
- ✓ Ringing in the ears
- ✓ Feeling "off balance"
- ✓ Excessive tiredness
- ✓ Head feels "fuzzy"



Yellow Zone could mean:

- ✓ You may need further education or support regarding medication management.
- ✓ You could be having side effects to your medication(s).
- ✓ Your medication(s) may need adjustment.
- ✓ Contact your doctor and share your symptoms.

Doctor: _____

Phone: _____

Red Zone: Medical Alert! Stop and Think

If you have **any** of the following:

- ✓ Loss of consciousness or fainting
- ✓ Develop a rash
- ✓ Cannot urinate
- ✓ Blurred vision
- ✓ No bowel movement for 3 or more days (particularly when taking a narcotic)
- ✓ Vomiting blood



Red Zone could mean:

- ✓ **You need to be seen by a healthcare professional right away.**
- ✓ **If you cannot reach your doctor, go to the emergency room, or**
- ✓ **Call 9-1-1**