DOs & DON’Ts

1. **DO**—take each medication exactly as your doctor prescribed.

2. **DO**—make sure that all your doctors know about all your medications.

3. **DO**—let your doctors know about any other over-the-counter medications, vitamins, supplements, or herbs that you use.

4. **DO**—try to use the same pharmacy to fill all your prescriptions, so that they can help you keep track of everything you’re taking.

5. **DO**—keep medications out of the reach of children.

6. **DON’T**—change your medication dose or schedule without talking with your doctor first.

7. **DON’T**—use medication prescribed for someone else.

8. **DON’T**—crush or break pills unless your doctor instructs you to do so.

9. **DON’T**—use medication that has passed its expiration date.

10. **DON’T**—store your medications in places that are too hot or too cold.

Source: http://www.webmd.com/healthy-aging/guide/medication-safety-tips-dos-and-donts#1

PacificSource Community Health Plans is an HMO/PPO plan with a Medicare contract. Enrollment in PacificSource Medicare depends on contract renewal. Y0021_MISC3115_Plan Approved 04212015