

12 RULES FOR MEDICATION SAFETY



NAVAL HEALTH
CLINIC
CHERRY POINT

12 Rules for Medication Safety

- ✓ Make sure you know what medication you are taking, how much you should take, when you should take it and for how long.
- ✓ Does your doctor know all of the medications you are taking including the over the counter medications as well as any vitamin or herbal supplements?
- ✓ Ask if it is okay for you to drive while on this medication.
- ✓ Are there any foods that need to be avoided while taking this medication?
- ✓ How long do you take the medication before you begin to feel better?
- ✓ If you don't feel better, when do you need to contact the physician?
- ✓ What side effects might be a result of taking this medication?
- ✓ Is your physician aware of any drug allergies that you have?
- ✓ Don't take other people's medicines and don't give them yours.
- ✓ Before you leave the pharmacy be sure you check the label on the medicine bottle and make sure it is intended for you.
- ✓ Safely discard any medications your doctor tells you to no longer take.
- ✓ Plan ahead. Get your refills before you completely run out of your medicine. You can have these mailed directly to your home. Save time and choose this option when you call in for your refill.

*For more patient safety
information, contact the NHCCP
Patient Safety Specialist at
252.466.0354.*



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