

12. Never use a medication that has physically changed or expired

Throw away medications that have

- changed colour or smell
- stuck together
- cracked
- expired

Ask your pharmacist about any specific storage instructions.

Need more information on medicines?

Visit www.knowyourmedicine.gov.my
or call 03 – 2615 5136

REMEMBER TO ASK....

... IT MAY HELP YOU AVOID MISTAKES WITH YOUR MEDICATIONS

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HOW CAN YOU AVOID MEDICATION ERRORS

PROTECT YOURSELF

Medication errors rarely happen but it can happen anywhere including at home causing minor harm or even death. Therefore, **you** as a consumer must play a role as medication safety involves **everybody**.

TIPS TO AVOID MISTAKES WHILE TAKING YOUR MEDICATION

1. Know your medicine

- Name and purpose
- How much, when and how to take
- Common side effects and what to do if they occur
- What to do if you miss a dose

The information you have will help you to take your medication correctly.

2. Keep a list of your medications

- Include medicines, herbal preparations, vitamins and other food supplements
- Show the list to the doctor or pharmacist
- Update your list when there is a change

3. Read the medication label

- Read the label every time you take a dose
- Ensure adequate lighting
- When purchasing over the counter medicines, check the labels to avoid ingredients that you should not take. Ask the pharmacist to help you choose a suitable product



4. Inform if you suffer from any allergies

Tell the doctor or pharmacist if you are allergic to certain medications or food.



5. Check the appearance of your medications

Look at the colour, shape and markings, if any and ask when they look different from the ones you are usually given.



6. Ask about medication price changes

Ask when there is a significant price difference with the usual price. This is because it may be a different medicine as there are many medicines which sound alike and are spelled similarly.

7. Do not physically alter your medication

Never chew, crush, break or mix with other medications unless instructed. Some medications have special mechanism of action. For example, long acting medicines may be absorbed too quickly when chewed and can be dangerous.



8. Do not take someone else's medication

The medication may interact with the ones you are taking, the dose may not be suitable for you or you may be allergic to it.

9. Use the measuring device when given

It is more accurate and helps to prevent errors in measuring the actual volume required.



10. Keep your medications in their original containers / dispensing envelopes

It is useful when you need to check the name and dose of the medication you are taking.

11. Keep your medications carefully

- In a safe place, away from children
- Away from direct sunlight or damp and humid area
- Store your medications separately from household chemicals
- Avoid keeping tubes of medications in the bathroom together with your toothpaste. You may mistakenly grab the wrong tube