



Manage Your Medication

Prevent a fall – Protect your way of life

Avoid the danger of possible drug interactions by speaking to your pharmacist or doctor about all prescribed, over the counter or herbal medication you are taking.

Region of Peel – Public Health

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 **Region of Peel**
Working for you
Public Health

Research suggests that taking many medications may increase your risk of having a fall.

How your doctor or pharmacist can help:

- Ask your doctor or pharmacist about the side effects of your medication
- Review your medication with your doctor every 6 months
- Tell your doctor if your medication makes you dizzy or light headed
- Use the same pharmacist for all of your medications
- Return medication that you are not using to your pharmacy
- Ask your pharmacist to print medication labels in large print
- Ask your pharmacist about blister packs

Make taking your medication easier

- Keep a record of your medications
- Take your pills in a well lit room
- Keep track using a dosette or blister pack
- Take pills at the same time. Get into a routine

Other helpful tips

- Instead of taking medication to help you sleep, consider alternatives such as listening to soft music, reading or daily exercise
- Never take someone else's medication
- Keep pills out of sight and reach of children
- Before you buy over-the-counter medications or herbal remedies ask your pharmacist if they will affect any other medications you are taking
- Take your unused and expired medication to your pharmacist or local recycling centre for disposal