

IN GOOD HEALTH

A Publication Compiled by the Clinical Pharmacy Team of



Health Solutions

PHARMACY BENEFITS MANAGEMENT

PREVENTING MEDICATION ERRORS

Healthcare providers strive to ensure safe, effective medication therapy for their patients. Despite the healthcare system's best efforts, however, some errors may occur, due to communication errors, poor handwriting or inappropriate abbreviations. The following are some tips to help you become more familiar with your medications and do your part to help prevent medication errors:

- Make sure you can read your prescription before leaving the doctor's office.
- Ask about generic names.
- Ask your doctor to write the name of your condition on the prescription. Many medications have names that look or sound similar to others. If the name of your condition is on the prescription, this helps provide further information about which medication is being prescribed.
- Keep a complete list of all your medications, including dietary supplements and non-prescription products, and take it with you to all doctor visits. Know the purpose of each medication you take.
- Keep medications in their original containers.
- Read the label of each prescription before leaving the pharmacy, so that you can ask questions if needed.
- Ask questions about side effects or interactions among your medications.
- Use the proper dropper or dosing cup provided with liquid medications. If the medication does not come with a dropper or dosing cup, ask the pharmacist to recommend a proper measuring device.