

Medication Safety

What can I do to manage my diabetes?

- Eat foods from all 4 food groups
- Pick foods low in fat and high in fibre
- Limit high sugar foods
- Try to exercise for 30 minutes each day
- Test your blood sugars and check your feet every day
- Try not to smoke and limit alcohol intake
- **Take your medications!!**



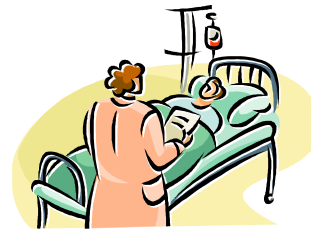
What are some ways I may be taking my medications incorrectly?

- Not taking your pills at the same time each day
- Taking your pills too often, or not enough
 - For example: Forgetting if you took your pill and then taking another one
- Taking an over-the-counter medicine (medicine you can buy at a drug store) or herbal supplement that is not safe
- Taking your pills the wrong way
 - For example: Taking your pill with food when it is supposed to be taken on an empty stomach
- Taking another person's medication
- Using old or expired medications



What can happen if I do not take my medications correctly?

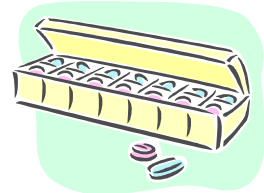
- You may not get better
- Your disease or condition could get worse
- You may have to go to the doctor more often
- You may be admitted into the hospital
- Can even lead to death



Medication Safety

What can I do to make sure I take my medications correctly?

1. Learn the names of your medications
2. Learn what your medications are for (ask your pharmacist)
3. Ask what you should do if you miss a pill
4. Ask about how you can prevent or manage side effects
5. Ask your health care provider which over-the-counter medications (medications you can buy at a drug store) are safe for you
6. Tell your health care provider about herbal or natural products that you take
7. Use an alarm, cell phone or watch to remind you when it is time to take your medication(s)
8. Make taking medication a routine (For example – take your pills after brushing your teeth)
9. Ask your pharmacist to package your medication in a pill organizer
 - Pill organizers sort a week's worth of pills into daily slots
 - Some also have spaces for different times of the day
10. Think of taking you medication as something positive you can do to be healthy!



Reference:

Compendium of Pharmaceutical Specialties 2009 published by the Canadian Pharmacists Association Ottawa, ON.

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