**Medication Safety Tips for Parents & Seniors**

What You Need to Know:

- **Contact your local Poison Center**: (800) 222-1222
- Take advantage of this free service if you think a child might have ingested medication, or if you are concerned about potential interactions between different types of medications.

- **If you go to the emergency department**: Bring any medications you are taking or think may have been ingested by a child.
- **Get help for drug misuse or dependency**: Substance Abuse and Mental Health Services Administration provides free and confidential information. (800) 662-HELP
- **www.findtreatment.samhsa.gov**

**Name of my Medicine**: How much do I take? When do I take it? What do I use it for?

<table>
<thead>
<tr>
<th>Name of my Medicine</th>
<th>How much do I take?</th>
<th>When do I take it?</th>
<th>What do I use it for?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brand x</td>
<td>1 tablet 400 mg</td>
<td>Morning</td>
<td>Arthritis</td>
</tr>
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</table>

Keep a list of all medications you take, including over-the-counter drugs, herbal supplements and vitamins.

**Tips for Parents & Seniors**

- **American Academy of Emergency Medicine Resident and Student Association**: (800) 222-1222
- **www.findtreatment.samhsa.gov**
- **info@aaemrsa.org**

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Get help for drug misuse or dependency.

American Academy of Emergency Medicine Resident and Student Association aspires to a future in which all patients have unencumbered access to excellent emergency care provided by a board certified or board eligible emergency physician. Developing emergency physicians who are equipped to excel in patient care, education and research.

American Academy of Emergency Medicine, Resident and Student Association. 555 East Wells Street, Suite 1100, Milwaukee, WI 53202. www.aaemrsa.org

(800) 884-2236

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For parents

Three High Risk Medications

Narcotic pain medication, heart and blood pressure medication and sedatives are responsible for most of the ED visits for medication poisoning.

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Narcotic pain medication, heart and blood pressure medication and sedatives are responsible for most of the ED visits for medication poisoning.

More injuries in small children are due to medication poisoning than motor vehicle accidents. Do not take medication in front of young children or call medicine “candy,” even if it tastes good. Make sure child-safety caps are tightly closed and pill dispensers are kept in a child-safe cabinet or on a high shelf. Tell houseguests about medication safety and ask them to put purses, bags and coats that contain medication out of children’s reach.

Examples of narcotic pain medication (“opioids”)
Codeine, Percocet®, Vicodin®, Tramadol

Examples of cardiovascular agents
Toprol®, Norvasc®, Procardia®, Lisinopril, Cozaar®

Examples of sedative-hypnotics
Valium®, Ativan®, Muscle relaxants, Sleep aids

Ask your pharmacist whether your new medication contains acetaminophen.
Do not take two medications that contain acetaminophen. As little as 4g (4000mg) per day can lead to liver failure.
Check all over-the-counter medications too.

Double check the label every time you take medication.
Turn on the lights and put on your glasses. If you are using pill dispensers, consider taping a picture of each pill above its appropriate compartment.

“Medication-related problems are common, costly and easily preventable in older adults.”
—American Geriatric Society, 2012 Beers Criteria Update Expert Panel

For seniors

Medications with higher risks

Some antihistamines, blood pressure medications and antidepressants can increase the risk of falls. Sedatives and sleep aids should be used with extreme caution and require careful monitoring by your doctor.

Aging affects how your body handles medication. Your liver and kidneys slow down, which means medications stay in your body longer. Changes in body weight affect the amount of medicine you need to take. If you are taking medications for sleeping, pain, anxiety or depression, it is unsafe to drink alcohol. Loss of coordination, memory problems or dizziness can be a sign of drug interactions.

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