






Taking Multiple Medications?

Take Steps to Keep Yourself Safe.

The older you get, the more likely it is that you take multiple medications. This can lead to unique risks when it comes to medication use and overdose. If you have older family members, it's likely that they face this same issue.

Where to Find Help

-  **2-1-1** (health and social services)
Dial 2-1-1
-  **National Suicide Prevention Lifeline**
(800) 273-TALK (8255)
-  **Connecticut Department of Mental Health and Addiction Services**
(800) 563-4086
-  **National Alliance on Mental Illness HelpLine**
(800)-950-NAMI (6264)
-  **SAMHSA's National Helpline**
1-800-662-HELP (4357)

Download a
Medication
Tracking List



drugfreet.org/meds

ⓘ RISKS

Medication Interactions

- › Not all medications, pills, and supplements can be taken together safely.
- › Alcohol and other substances can cause harmful interactions with prescription medications.
- › New medications and supplements may cause strong reactions and side effects.

Increased Chance for Misuse

- › If you take multiple medications, it can be easy to confuse, miss, or take too many doses.
- › Older adults are more likely to be prescribed medications for longer periods.
- › As people age, their bodies and brains process medications differently and often slower.
- › Older adults often deal with chronic pain and are more likely to have a prescription for opioids.

Overdose

- › Many people don't know what to do if someone they're with has an opioid-related overdose.
- › Since counterfeit pills can have the same appearance as actual prescription pills, it can be dangerous to take any pills that aren't from a prescriber or pharmacy.

✔ ACTION STEPS

Talk with your Doctor

- › Ask what you should expect when taking new medications.
- › Discuss potential drug interactions with medications that you're already taking and other substances like alcohol.
- › Consider setting up a medication therapy management (MTM) appointment.
- › Ask about alternate pain management therapies like acupuncture, yoga, and massage.

Safe Use

- › Use the free medication tracking sheet to create a daily log.
- › Use a pill organizer to manage your medications.
- › Only take medication that is prescribed for you and use it exactly as directed.

Safe Storage & Disposal

- › Do not share prescription medications with anyone.
- › Order a free medication lockbox from [drugfree.org](https://www.drugfree.org) to securely store your medications.
- › Locate a medication drop box near you or order free medication disposal pouches from [drugfree.org](https://www.drugfree.org) to dispose of unused or expired medications safely.

Overdose Prevention

- › Learn how to recognize the signs of an opioid-related overdose.
- › In the event of an overdose, call 911 immediately and administer naloxone, if possible.

