



UNIVERSITY OF EMBU

Prescription Drugs
-Do's and Donts-

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Definition of a Prescription Drug

A prescription drug (also prescription medication or prescription medicine) is a pharmaceutical drug that legally requires a medical prescription to be dispensed.

- Pharmaceutical-a compound manufactured for use as a medicinal drug.



Overview

Prescription drug abuse is when you take a medication for a reason/different from how the doctor prescribed it. Experts estimate that more than 18 million people ages 12 and older have used prescription drugs for non-medical reasons in the previous year.



.....Medications can have serious side effects when they are not taken properly or when they are combined with other over-the-counter drugs, prescription drugs, supplements, or natural remedies. Here are some simple "dos & donts" to help minimize negative consequences



Prescription Medication Dos:

- DO follow the exact dose and schedule prescribed by your doctor.
- DO ask your doctor about any possible side effects to watch for, and report any that you experience.
- DO ask your doctor about any and all over-the-counter drugs, prescription drugs, supplements, or natural remedies that you are taking or want to take.
- DO talk with your doctor about over-the-counter drugs, prescription drugs, supplements, or natural remedies if you are pregnant, planning to become pregnant, or breastfeeding. Some medications or supplements may not be safe during these times.
- DO ask your doctor or pharmacist how to take your medicine properly (i.e, with or without food?, with or without milk?, with extra water?).



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- DO tell your doctor about past problems you've had with drugs, such as rashes, indigestion, dizziness, or appetite loss.
- DO keep a daily record of the drugs you are taking.
- DO review your drug record with each of your doctors at each visit, and when any doctor prescribes a new medicine.
- DO ask your pharmacist for large print if you cannot read the label.
- DO check the expiration date and throw out any expired medications.
- DO call your doctor right away if you have any problems with your medicine.
- DO plan ahead for refills so that you don't run out.



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- DO Store medications in a cool, dry place and protect them from light or refrigerate them if advised to do so



Prescription Medication Don'ts

- DO NOT stop taking a prescription drug unless your doctor says it is okay.
- DO NOT take more or less than the amount prescribed.
- DO NOT mix/take medicine with alcohol.
- DO NOT take medications prescribed for someone else.
- DO NOT let anyone else take medications prescribed for you.
- DO NOT crush tablets unless you check with your doctor or pharmacist. Some medications (e.g, long-acting formulations) have special coating and cannot be crushed.



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- DO NOT operate machinery or drive after taking medication with a sedative effect. Check if your medication is likely to cause drowsiness or impair concentration
- DO NOT store your medicine in locations that are either too hot or too cold. For example, the bathroom cabinet may not be the best place for your medication as it is often too hot and damp. Use a cool, lockable cupboard out of the sight and reach of children.
- DO NOT stockpile unused medications at home. Once you've finished a course take any leftover medication to your nearest pharmacy for safe destruction



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- DO NOT remove medication from its original container. This will ensure that you do not lose the expiry date which is always printed on the container
- DO NOT stock different drugs in one container as it will be difficult to identify the specific drugs when need arises in future



**Thank You and
Stay Safe**

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