



When it comes to watching out for problems with your medicine, knowledge is power. Here are some tips for preventing potentially dangerous problems between your medicines and...

...Alcohol

Many drugs, even over-the-counter drugs and vitamins, can react with alcohol.

- Just a small amount of beer, wine, or liquor can change how a drug works in your body.
- Alcohol can keep your medicine from doing what it is supposed to do.
- Drinking alcohol while taking medicine could hurt your liver. When your liver is working the way it's supposed to, it helps filter your blood and digest food.

...Food

What you eat can change how your medicines work.

- Follow directions on how to take prescription and over-the-counter medicines.
- Read all food-related warning labels on your medicines.

...Other Prescriptions

The more medicines you take, the more likely it is that you could have harmful interactions. For example, some medicines can make others less effective. Keep an up-to-date list of all the medicines you are taking, and give the list to your healthcare provider (HCP) and pharmacist so they can check for any possible interactions.

...Other Over-the-counter Medicines

Some over-the-counter products can interact with your prescription medicine. Learn as much as you can about a product before taking it by reading the label and talking to your HCP or pharmacist.

...Driving

You shouldn't drive until you know what effects your medicine has on your body.

- If your medicine makes you feel drowsy, dizzy, nauseous, or headachy, try not to drive.
- Plan other ways to get around while you are taking medicines that might affect your ability to drive.

Source: AARP, reprinted with permission