



Side effects are symptoms or feelings you have when taking a medicine that aren't related to what the medicine is supposed to do. Here are some tips for understanding and managing side effects:

- Know all the medicines you are taking and their possible side effects. This includes non-prescription (over-the-counter) medicines, vitamins and herbal products. It may help to keep a list of everything you are taking.
- Know the warning signs of serious side effects. For example, some medicines cause bleeding in the stomach. A warning sign of this serious side effect is black, tar-like stools. Call your healthcare provider (HCP) right away if you think you have a serious side effect.
- Know what to do if you get a mild side effect. For example, if your medicine makes you a little sick to your stomach, ask your HCP or pharmacist if you can take it with food or milk. This coats the inside of the stomach and helps protect it.
- Try to take your medicine exactly as directed. If you have trouble taking your medicine as directed, discuss it with your HCP or pharmacist.
- Let your HCP and pharmacist know if you have any problems with your medicine. Write down any problems so you don't forget them when you talk to your HCP or pharmacist.
- Try to get all your prescriptions filled at the same pharmacy so that your pharmacist can keep a complete record of your medicines. Your pharmacist can check for drug interactions every time you get a prescription filled. Be sure to let your pharmacist know if you are taking any non-prescription medicines, too.

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