Polypharmacy Problems

People who take more than one medicine can be at risk for those drugs to mix in a bad way (*polypharmacy problems*). People most likely at risk are:

- The elderly.
- People who have more than one doctor prescribing medicines.
- People with lasting (*chronic*) medical conditions.
- Organ transplant patients.
- HIV patients.
- Hepatitis patients.

TIPS

- Take all medicine **exactly** as told by your doctor.
- Let each doctor know **all** the medicine and herbal pills you are taking.
- It is best to have one doctor coordinate your care.
- Purchase all your medicine from one pharmacy.
- Keep a list of all your medicines and their dosages with you.
- Keep a list of your health problems with you. They can affect the way your body handles medicines.
- Read the medicine sheets given to you.
- Read the labels on your medicine bottles.

Follow these tips. They can lessen your chances of having a bad drug reaction. It will also help your doctor give you the best possible care.

GET HELP RIGHT AWAY IF:

- You have any problems or side effects with your medicines.

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