



Nutrition and Health Checklist – Tip #8

“I take three or more different prescribed or over-the-counter drugs a day.”

Some medicines can change your appetite. Some change the way food tastes or smells. Some medicines make you feel bad. Some medicines may change what you are allowed to eat or drink.

Here are some tips that might help.

Talk to your doctor or pharmacist about your medicines.

- They can help if the medicines you take are causing problems.
- Tell them about the over-the-counter medicines you take, too. Include pain killers, laxatives, vitamins, minerals, herbs, and other supplements.
- Your doctor might change your medicine to one that doesn't cause problems.

Keep a list of the medicines you take with you. Include over-the-counter products, too. The list should say:

- The name of each medicine.
- How much you take.
- How often you take it.
- What it looks like – color, shape, and size.
- The name of the doctor who prescribed the medicine.
- The pharmacy or store where you buy the medicine or over-the-counter product.

Remember: Take only your medicine. Don't share your medicine with others.

