



Stay On Your Feet...

STEP 2 Manage Your Medicines

All medicines have side effects. Some may increase your risk of falling. Talk to your doctor or pharmacist if you become drowsy, dizzy, light headed, unsteady, have blurred or double vision or have difficulty thinking clearly. Side effects vary from person to person and can change when different medicines are combined.

Ways to manage your medicines

- Take an active role in your own health.
- Ask questions about your medicines. Find out about possible side effects and plan ahead. Make sure you know when to take them and what they are for.
- Consider using a dosette box or a blister pack to separate your medicines into the times and days you need to use them. Ask your doctor or pharmacist about one.
- Check before mixing prescription medicines (from your doctor), over-the-counter medicines (such as vitamins, herbal remedies and painkillers) or alternative medicines (from practitioners such as naturopaths).

Get your medicines reviewed regularly

Review your medicines regularly (every six to 12 months) with your doctor or pharmacist. Then you will know you are taking the right medicines, at the right dose, at the right time.

Stay Active, Stay Independent and Stay On Your Feet!



For more information on the 9 steps, call:

Stay On Your Feet North Bay 705 474-1400

Stay On Your Feet Parry Sound 705 746-5801

1 800-563-2808

My review of my medicines

Review how you are managing your medicines and complete the table below. *An example is given to help.*

What positive steps am I already taking?	What changes might help me stay on my feet?	How will I make these changes? Is there anyone I need to contact?
<p><i>All my medicines are in the same cupboard</i></p> <p><i>I throw out all medicines once they reach their expiry date</i></p>	<p><i>Talk with my doctor to review my medicines</i></p>	<p><i>Make an appointment with my doctor</i></p>

Who else do you know who would benefit from this information?