



Ask a Pharmacist: Take Medications with Confidence

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What is a Medication Error?

- A **medication error** is any preventable mistake that may harm a patient or lead to inappropriate use.
- They can happen in clinics and hospitals, in pharmacies, and at home.
- In the United States, medication errors harm at least **1.3 million** people every year.



Remember to:

- ✓ Talk with your healthcare team and ask questions about your health and medicines.
- ✓ Read medicine labels carefully and follow instructions on how to take your medicine more safely.
- ✓ Be an engaged partner in your health.

Let's Follow Our Patient: Mary



When Mary visits her new doctor, she brings a list of the medicines she takes and questions to ask her doctor.



At the visit, Mary and her doctor share information. They build the best possible treatment plan for her.



Some Questions to Ask Your Doctor:

- ✓ What health problems do I have?
- ✓ Does this new medicine replace another medicine I am already taking?
- ✓ What is the name of my medicine?
- ✓ What does this medicine treat?
- ✓ How do I take the medicine?
- ✓ How long will I be on the medicine?
- ✓ What are the possible side effects of this medicine?
- ✓ When should I contact you about side effects?

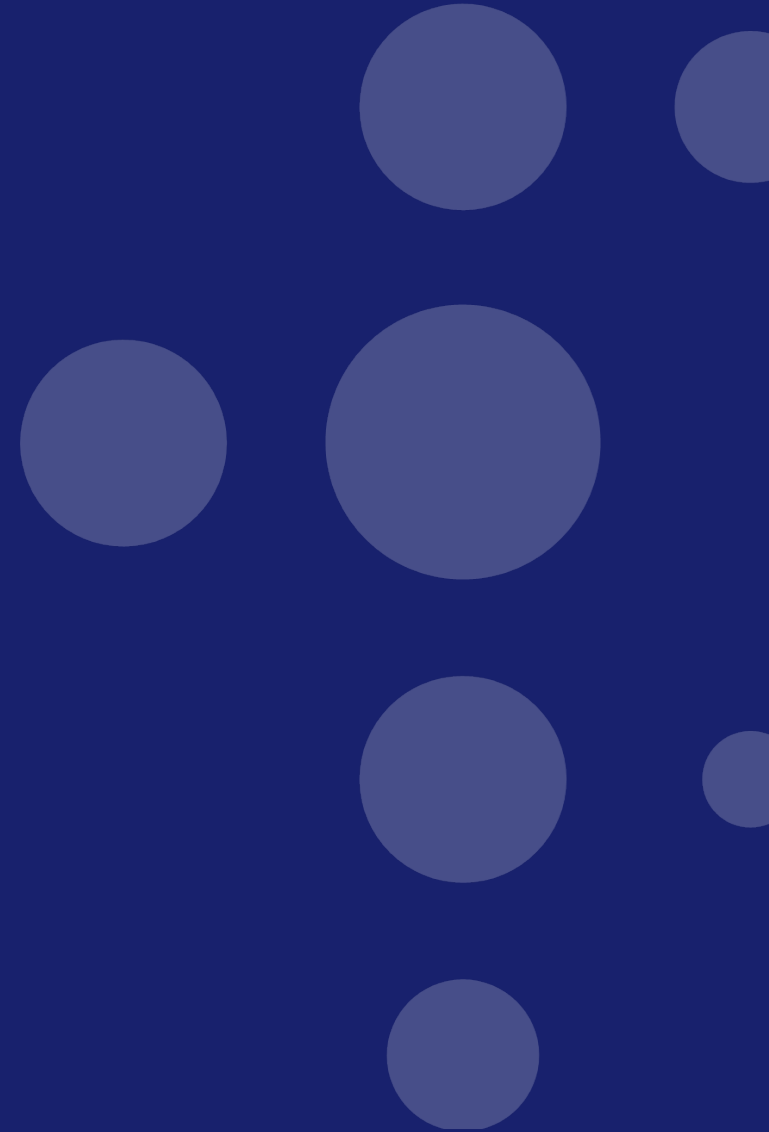
Mary leaves her doctor's office with a new prescription and information on her new medicine.



Mary visits her pharmacist to pick up her new medicine.

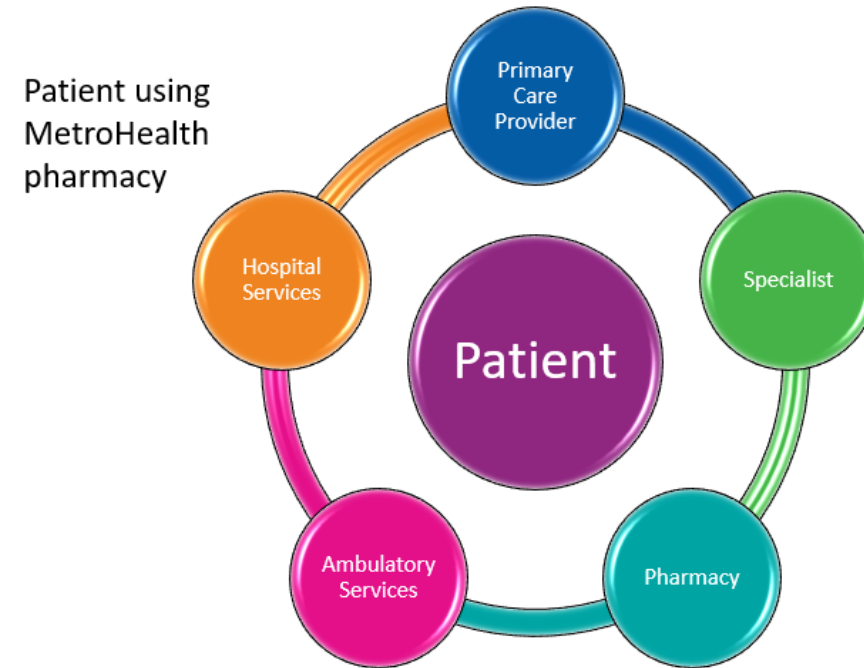
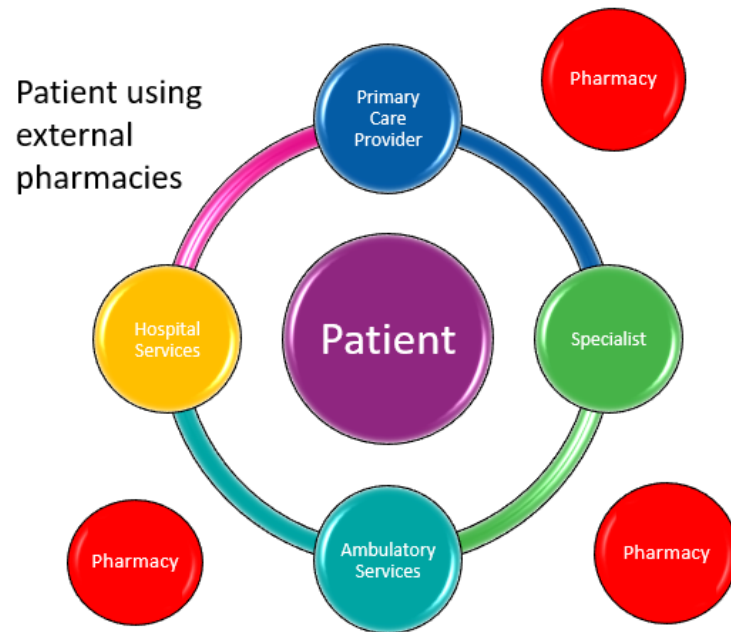


Choosing the Right Pharmacy



Choosing the Right Pharmacy

MetroHealth 360 Patient Centric Care



12 Retail Locations plus Mail Order and Specialty

- Beachwood
- Bedford
- Brecksville
- Broadway
- Brooklyn Memphis
- Buckeye
- Cleveland Heights
- Main Campus
- Middleburg Heights
- Ohio City
- Old Brooklyn
- Parma
- Valley View Mail Order and Specialty Pharmacy

Some Questions to Ask Your Pharmacist:

- ✓ What is the name of the medicine?
- ✓ What is it used for? How will it help me?
- ✓ When should I notice an improvement or change?
- ✓ How and when should I take this medicine?
- ✓ Should I avoid any foods, drinks, or other medicines?
- ✓ What are the possible side effects?
- ✓ What should I do if I miss a dose?
- ✓ How do I store the medicine?

Reading Your Prescription Label:

Test Test

Filled: 4/15/2026

NDC: 57896-981-10 GERI-CARE
PROVIDER, TEST

Aspirin EC Adult Low Dose 81 MG tablet

Generic: aspirin EC

Scan QR code
with your phone!



round, yellow,
tablet, enteric-
coated, L

Take 1 Tablet by mouth daily.

If You Are Pregnant, Plan To
Become Pregnant, Or Are
Breast-feeding, Talk With
Your Doctor.

Check With Your Doctor Or
Pharmacist To Make Sure It Is
Safe For You To Take This Drug
With All Of Your Other Drugs.

Rx # 123-456-7890

No refills remaining

Qty: 90 Tablets

Discard by: 4/15/2027

MetroHealth Old Brooklyn Retail Pharmacy
4229 Pearl Rd. Roo..., Cleveland, OH 44109
216-957-6337



Swallow Whole. Do
Not Chew Or Crush.

Take This Medicine With
A Snack Or Small Meal If
Stomach Upset Occurs

Make Your Medicine List

- Name of medicine
- Dose of medicine
- Why you take them
- How often you take them
- Any special instructions
- Name and phone number of who prescribes the medicine
- All non-prescription medicines, vitamins, herbal products, and supplements you use
- Any allergies or sensitivities to medicines you are aware of

At home, Mary pays special attention on how to take and store her medicine.



Taking Your Medicine

- Notice the way the medicine looks
- Read the label
- Check the expiration date
- Use a pill organizer or box
- Use the measuring device that comes with it or ask for one at the pharmacy
- Do not take someone else's medicines

Special Groups: Children

- Always read and follow the label
- Watch for new symptoms
- Keep a simple record of doses given
- Watch them take and swallow the whole dose
- Poison Control: Call 800-222-1222 or 911

Storing Your Medicine

- ✓ Keep medicines in their original container
- ✓ Follow any special instructions, some medicines should be refrigerated
- ✓ Store medicine out of the reach and sight of children

Safe Disposal of Your Medicine – Cuyahoga County

- ✓ Dispose of unused, unwanted, or expired tablets and capsules
- ✓ Cuyahoga County Sheriff's Office Rx Drug Drop Box Program
- ✓ Dial 211 to find the nearest location to you
- ✓ Do not flush
- ✓ Dispose liquid medication by mixing it with coffee grounds, cat litter, or dirt and place in the regular trash

Safe Disposal of Needles and Sharps – Cuyahoga County

- ✓ Use an FDA-cleared sharps container to protect family members, health workers, and sanitation workers
- ✓ Place used needles and syringes in a sharps container or a heavy, rigid plastic container with a sealable lid
- ✓ Write “CAUTION: SHARPS. DO NOT RECYCLE.” on the container
- ✓ Place the container in your regular trash

Always remember that you, the patient, are an important member of the healthcare team.

Practice Medication Safety at Home



Know Your Medicine

What is the name?

What is it used for?

What is the dose?

When do you take it?



Use One Pharmacy

Using one pharmacy helps pharmacists monitor your medicine.



Keep a list

Keep an updated list of your medicines, vitamins, and other supplements.

Make sure your doctor knows about all the medicines, vitamins, and other supplements you take.

Practice Medication Safety at Home

Ask questions

If you do not understand the label instructions, talk to your pharmacist or doctor before taking the medicine.

Check the label

Check the active ingredients in prescription and over-the-counter medications.

Make sure you do not take two medicines that have the same active ingredient.

If you have questions, ask your doctor or pharmacist.

Teach children

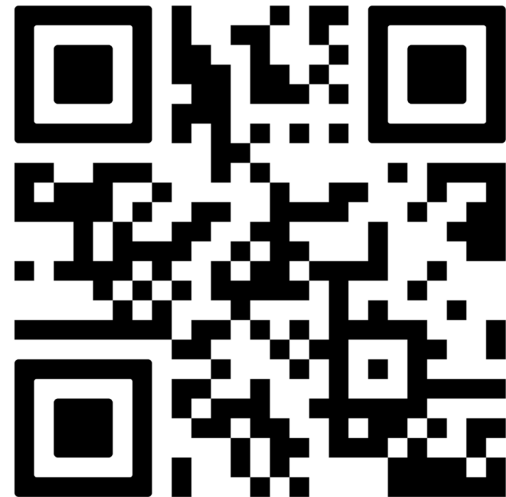
Teach children what medicine is, and why you or a trusted adult must give it to them.

Lock the safety cap.

Put medicines away in a safe storage location. Keep them in a place children cannot reach or see.

MetroHealth is here to help.

MetroHealth Pharmacy
216-957-MEDS (6337)





ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments and more than 20 health centers. Each day, our nearly 9,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit metrohealth.org.**

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