

Medication Safety Checklist



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N°	Daily Medication Habits	<input checked="" type="checkbox"/>
1	I take my medications at the same time each day.	<input type="checkbox"/>
2	I use a pill organiser to keep track.	<input type="checkbox"/>
3	I read labels carefully before taking each dose.	<input type="checkbox"/>
4	I follow food or drink instructions (e.g. "take with food").	<input type="checkbox"/>
5	I avoid alcohol when taking prescribed medications.	<input type="checkbox"/>
Safety with New Prescriptions		
6	I ask my GP or pharmacist why this medication is needed.	<input type="checkbox"/>
7	I check how it may interact with other drugs or supplements.	<input type="checkbox"/>
8	I ask how long I should take it and what to expect.	<input type="checkbox"/>
Reviewing Medications Regularly		
9	I bring all my medications to GP or pharmacist reviews.	<input type="checkbox"/>
10	I ask if I still need each one (especially older prescriptions).	<input type="checkbox"/>
11	I update my medication list after any changes.	<input type="checkbox"/>

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N°	Managing Multiple Medications (Polypharmacy)	<input checked="" type="checkbox"/>
12	I use one pharmacy so they can spot potential interactions.	<input type="checkbox"/>
13	I keep a written list of all my meds, vitamins, and herbal products.	<input type="checkbox"/>
14	I report any side effects, even if they seem minor.	<input type="checkbox"/>
15	I update my medication list after any changes.	<input type="checkbox"/>
Storage & Disposal		
16	I store medications away from heat, light, and moisture.	<input type="checkbox"/>
17	I keep medicines out of reach of children and pets.	<input type="checkbox"/>
18	I return expired or unused meds to the pharmacy safely.	<input type="checkbox"/>
 Reminder: “More medications don’t always mean better health. Talk to your healthcare provider regularly to review what you really need.”		