

# WELCOME!



# Medication Safety

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# Medication Safety

- ▶ Avoiding risky medications
- ▶ Drug Interactions
- ▶ Storage of Medications

# Beers List

- ▶ Medications that are not recommended for older adults because the side effects may cause:
  - Dizziness – Falls
  - Confusion
  - Weight loss
  - Other side effects that may be increased due to decreased clearance of the medication

# Diphenhydramine and Doxylamine

- ▶ Benadryl
  - ▶ Tylenol PM
  - ▶ Advil PM
- NyQuil  
Unisom  
ZZZQuil
- ▶ Possible alternative – Melatonin

# Long Acting Benzodiazepines

- ▶ Klonopin (Clonazepam)
- ▶ Valium (Diazepam)
  
- ▶ Shorter acting medications are better
  - Ativan (Lorazepam)
  - Restoril (Temazepam)

# Megace (Megestrol)

- ▶ Used to improve appetite
- ▶ Side effects may include an increased risk of blood clots and a worsening of glucose control
- ▶ Alternative – Remeron (an antidepressant that increases appetite)

# New Information

- ▶ Studies are showing that there is an increased risk of dementia with long term use of ANTICHOLINERGIC medications
  - Diphenhydramine
  - Amitriptyline
- Over-active bladder medications



# Drug Interactions

Watch Out for the OTC medications!

# Aspirin and NSAIDs

- ▶ Motrin, Advil, Naprosyn, Aleve, Mobic, Voltaren
- ▶ To maintain the antiplatelet effects of aspirin, separate time of administration from the NSAID

# Cipro/Levaquin and Minerals

- ▶ Ciprofloxacin and Levofloxacin interact with:
  - Iron/Ferrous Sulfate
  - Calcium
  - Magnesium
  - Zinc
  - Aluminum
  - Multivitamins with Minerals
- ▶ Give the antibiotic first, wait at least 2 hours to take the mineral

# SIDE EFFECTS CONTRAINDICATIONS

# Tramadol (Ultram)

- ▶ With regular use, may increase depression and suicidality
- ▶ May increase the risk of seizures

# GENERAL MEDICATION SAFETY

# Keep Updated List

- ▶ Medications and doses
- ▶ Over the counter (OTC) medications
- ▶ Herbal medications/vitamins
- ▶ MD name
- ▶ Allergies
- ▶ Emergency contact

- ▶ **Keep form in wallet or purse**
- ▶ **Bring to all MD or Dentist appointments**



# Use Only One Pharmacy

- » Helps to avoid duplications and drug interactions

# Do Not Share Your Medications with Others

- » Interactions may occur with their medication or medical conditions

# Keep in Original Containers

- ▶ Avoids confusion
- ▶ Expiration date

# Check Medication Bottles and Tubes for Expiration Date

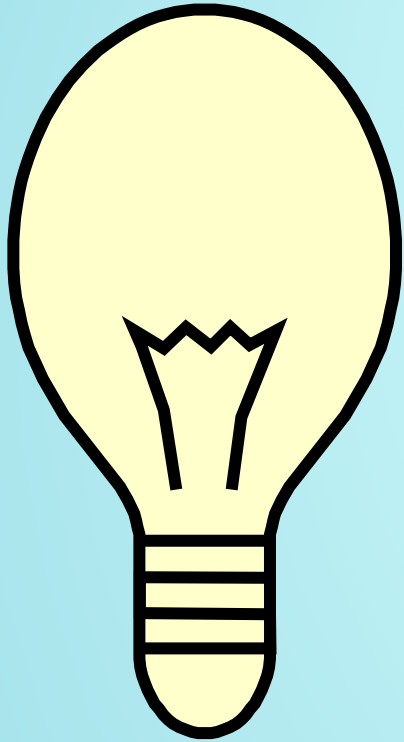
# Take as Directed by MD

- ▶ Don't play doctor –
  - More is not always better
  - Less may be ineffective
- ▶ Discuss with MD any reason for changing dose

# Storage

- » Cool, dry place,  
away from humidity

- ▶ Use a separate bin for each person's medications



# Use Your Glasses!!

» Turn on the light!



# Question a change in look of the tablet

» Call your pharmacy



# Acetaminophen Tylenol APAP

- ▶ Maximum daily dose for adults:
  - 3,000 to 4,000 mg
- ▶ 2 Extra strength Tylenol tablets
  - 3 to 4 times a day

# Acetaminophen is found in:

- ▶ Tylenol
- ▶ Vicodin
- ▶ Norco
- ▶ Percocet
- ▶ Ultracet
- ▶ Darvocet N 100
- ▶ Tylenol #2 and #3

# Norco 5/325mg

- ▶ Hydrocodone 5mg / 325mg APAP
- ▶ = 325mg Acetaminophen

- ▶ Alcohol may increase the risk of liver and kidney damage from acetaminophen



# FALLS

- ▶ Higher risk of falls in the first 7 days after starting a new medication
- ▶ Higher risk during the first 2 weeks after being discharged from the hospital

# Avoid Night Time Falls

- » Sit at side of bed  
Stand for a moment  
Walk slowly

# Vitamin D

- ▶ Recent studies suggest that Vitamin D may:
  - decrease the risk of falls
  - decrease the risk of muscle related side effects from the statin drugs



# New Prescription

## Questions to ask your doctor:

- ▶ What is the medication for?
- ▶ How many times a day?
- ▶ Empty stomach? With food?
- ▶ Side effects?
- ▶ Do I stop one of my current meds?
- ▶ Will it interact with my other meds?
- ▶ Is there a cheaper drug?



Thank You!

