Know the ABCDs of Your Medicines

**A**sk 5 questions about your medicine.

<table>
<thead>
<tr>
<th>Why take it?</th>
<th>What is it?</th>
<th>When to take it?</th>
<th>What are the side effects?</th>
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</thead>
</table>

**B**ring all your medicines in a bag to appointments.

Check which to start, to stop, and to continue.

**C**all your doctor or pharmacist if you have questions or worries about your medicines or how you feel.

Don’t wait until it’s an emergency!

**D**ispose of unused medicines.

See your state’s medicine disposal card for safe disposal tips.

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**Tips**

Stay safe: Do not take other peoples’ prescriptions.

Stay on schedule: Use a pillbox, reminder tool or smartphone to help.

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**If you are taking:**

**Antibiotics**
Take exactly as instructed until gone, unless your doctor tells you to stop.

**Blood Thinners (Anticoagulants)**
Notify your doctor if any signs of bruising or bleeding.

**Diabetes Medications**
Ask about diet, exercise and when and how to check your blood sugar.

**Pain Medication**
Talk with your doctor about addiction risks, storage and disposal.

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This material was prepared by the New England QIN-QIO, the Medicare Quality Innovation Network-Quality Improvement Organization for New England, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. CMSQIN_C3-6_032118_1376