

POISON ANTIDOTE



Utah Poison Control Center

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6 Helpful Tips to Avoid Medication Mishaps

Poisoning deaths are on the rise and statistics show that 9 out of 10 poisoning deaths are caused by drugs. Medication mishaps are part of this problem and are preventable. To avoid common mistakes, follow these 6 tips:

1. Know the names of your medication

Ask your doctor the name of the drug. This will help you recognize if the pharmacy gives something different. When refilling prescriptions, make sure the medicine is the same color, size, shape, and texture as the ones used in the past. If they seem different, ask the pharmacist about it.

2. Ask questions

It's important to know how to use your medication. Some good questions to ask your pharmacist or doctor are: When and how often should it be taken? What is the medicine supposed to do? Are there any other drugs, food or activities that should be avoided while using this? What side effects could there be? What should I do if I double dose or miss a dose? Take notes or have the pharmacist or doctor write down important information about the medicine.

3. Know what your medications treat

Medicine is more likely to be used correctly if you know what it is for. It is also easier to report problems to your doctor if you understand why the drug is prescribed.

4. Read medicine labels and follow directions

Be sure to read the labels on the medicine bottle every time you use it. Also, read the patient information sheet that comes with prescription drugs. If it is provided, be sure to use the measuring device that comes with the medicine.

5. Keep your health care providers informed

Tell your doctor, pharmacist and hospital about the medications and dietary supplements (including vitamins and herbals) you take. Natural does not mean safe, and dietary supplements can cause side effects and interact with prescription and over-the-counter medications.

6. Keep a list of all your medications

Make a list of all your medicines including prescription drugs, over-the-counter medicines, vitamins and herbals. Keep it with you at all times. Share a copy with a family member or friend so they can inform doctors and other medical staff in the event of an emergency.

The poison control center can also help you with medication concerns. Calling the poison control center is free and confidential. A specialist who is a pharmacist or nurse is available around the clock by calling

1-800-222-1222.

Resources: CDC, FDA

Detergent Pod Dilemma

Detergent pods are highly concentrated packets of liquid laundry soap. They are designed to be convenient. However, that convenience may come at a high price. Poison control centers around the country have seen an increase of poisonings from these products. Contributing to the rise in poisonings is the attractive nature of the pods. Children are drawn to the pods that are squishy, colorful and packaged in a way that looks much like candy. Young children can easily bite into the pods or break them open in their hands. In addition to the risk of swallowing the detergent, it can also splash into the eyes. More alarming are the severe effects being reported. Some children have been hospitalized with serious symptoms. Utah Poison Control Center advises consumers to keep detergents locked up and out of the reach of children. If a poisoning occurs, call immediately for poison help at: **1-800-222-1222.** It is always free and confidential.



Resource: AAPCC

Credit: Iowa Statewide Poison Control Center