



Consumers Can Help Prevent Harmful Medication Incidents

SafeMedicationUse.ca Newsletter

Volume 14 • Issue 11 • November 23, 2023

Medication Routines—Keeping Them Simple

What, when, and how often you take your medications are what make up your medication routine. The routine can be confusing if you are taking 2 or more medications or you need to take medications at different times of the day. When possible, keeping your medication routine simple can help prevent mistakes with your medications.

SafeMedicationUse.ca received a report about a person who was asked to take 2 different doses of a thyroid medication called levothyroxine. On some days of the week they took a 100 mcg tablet, and on other days they took a 125 mcg tablet. When the person asked the pharmacy for a refill for tablets of one strength, they were given the other strength by mistake. A simpler option would be for the person to have a prescription for 112 mcg tablets. That way, the person would take the same dose every day.

SafeMedicationUse.ca has ideas to help you simplify and manage your medication routine:

- If you are having trouble with what, when, and how often to take your medications, ask your prescriber or pharmacist for help to simplify your routine.
 - If you are asked to take a different dose of the same medication on different days, ask if the medication comes in a strength that allows you to take the same dose every day.
 - You can ask the pharmacist about preparing your medications in a blister pack.
- A calendar or an alarm on your phone can help you keep track of medications that you don't take every day (for example once a week or once a month).



For other ways on how to manage your medications, read more at:
<https://safemedicationuse.ca/newsletter/organizemeds.html>

This newsletter was developed in collaboration with Best Medicines Coalition and Patients for Patient Safety Canada.

Recommendations are shared with healthcare providers, through the ISMP Canada Safety Bulletin, so that changes can be made together. This newsletter shares information about safe medication practices, is noncommercial, and is therefore exempt from Canadian anti-spam legislation.

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