



Medication Safety

Medication safety is an important part of taking your meds as prescribed. Refer to this tip sheet anytime you need a reminder about safety basics.



Keep a current list of the medicines you're taking.



Know the name, dose and schedule for each, and take them as prescribed.



Keep medication in original containers, or write a list to match your weekly pillbox.



Read the label each time so you're sure you're taking the right meds in the right amount.



Do not take anyone else's medication.



Do not share medication with others.



Do not use expired medication. For insulin specifically, this is generally one month from the date you open it. You might want to label it so you can better keep track.



Do not use meds if there's a change in color or appearance. This is particularly true of insulin: Most formulas are clear, and you don't want to use these if they appear cloudy. For cloudy insulin — which is also called “suspension” — tip the bottle and look for an even cloudy appearance with no particles.



Never shake insulin.



Tell your health care team about all medication you're taking.



Use the same pharmacy and health care providers for medication whenever possible.



Wear diabetes identification.