

Call **1-800-222-1222**
for questions about
medications.

ACETAMINOPHEN

- Acetaminophen is found in more than 600 different prescription and over the counter medications
- Medications that contain acetaminophen include cough/cold, headache/fever, and pain medications
- The most common brand name medication that contains acetaminophen is Tylenol®
- Always read and follow the label. Taking more than directed can result in overdose and can lead to liver damage
- Know if your medicine contains acetaminophen. Acetaminophen is sometimes listed as “APAP” or “acetam” on the label
- Only take one medication that contains acetaminophen at a time
- For children, only use formulations made for infants and children. Ask your doctor about dosages for children under 2 years of age
- Dosage is determined by weight— follow the instructions on the medicine label or from your child’s doctor
- If you are unsure if a medication contains acetaminophen, call your local poison center



DID YOU KNOW?

- Poison centers in the U.S. receive one call per minute because a child got into medicine
- According to the CDC it is estimated that over 1 million people are seen in emergency rooms every year for medication related accidents
- 56% of calls managed by poison centers involve drugs and medications
- 80% of the children brought to the emergency room for accidental medication poisoning were left unsupervised where medications were stored
- 4 out of 5 Americans report not taking their medications as directed

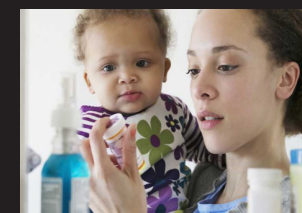
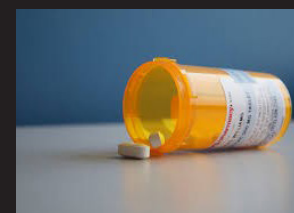


*What you have in your **CABINET** can be a potential poison!*

POISON CENTER
1-800-222-1222
poisoncontrol.org



MEDICATION SAFETY GUIDE



TEXAS POISON CENTER NETWORK
poisoncontrol.org

POISON
Help
1-800-222-1222

USAGE

- Keep a list of all current medications in your purse/wallet
- Know your medications - name, purpose, appearance, dosage, common side effects, and what to do if you miss a dose
- Take each medication exactly as prescribed
- Only use the measuring device that comes with the medication
- Tell your doctor about every medication you take, even over-the-counter and herbal supplements
- Medications such as warfarin, insulin, seizure medications, and digoxin require close monitoring to avoid dangerous side effects
- **Do not** change your dosage or stop taking a medication without talking to your doctor first
- **Do not** use kitchen spoons, teaspoons, and table spoons to measure your medicine
- **Do not** take someone else's medication or share yours with others
- **Do not** take expired medications
- **Do not** crush your pills unless told to do so by your doctor or pharmacist



STORAGE

- Store all medications, vitamins, and herbal products up high and out of sight from children
- Make sure all lids are completely closed after use
- **NEVER** tell a child medicine is candy— Children don't know the difference
- Do not store medications in humid or extreme temperatures such as in your bathroom or in your car
- Consider purses and nightstands as a potential danger for children
- **REMEMBER**, child resistant caps are **NOT** child proof



DISPOSAL

- Safely disposing of all expired and unused medications can reduce the risk for poisoning or misuse/abuse
- Disposing of medications by taking them to a drug takeback event or a medication drop box is the safest way to dispose of unwanted medications
- If one is not available in your area, follow these steps to safely dispose of your medications at home:
 - Remove medication from the original container and scratch off any identifying information from the container.
 - Mix the medicine with coffee grounds, kitty litter, or other undesirable material
 - Place the mixture in a sealable bag or screw top bottle and place in the trash
- The FDA recommends that the following medications should be flushed down the toilet if there is no other immediate option available because of their potential risk if taken by the wrong person:
 - Fentanyl buccal tablets (Fentora®)
 - Fentanyl citrate (Actiq®)
 - Fentanyl transdermal system (Duragesic®)
 - Hydrocodone Bitartrate (various brands)
 - Hydromorphone hydrochloride (Dilaudid®)
 - Meperidine HCL tablets (Demerol®)
 - Methylphenidate patch (Daytrana®)
 - Morphine sulfate (Avinza® , MS Contin®)
 - Oxycodone and acetaminophen (Percocet®)
 - Oxycodone tablets (OxyContin®)
 - Sodium oxybate (Xyrem®)

Emergency. Information. Prevention.

**CALL US FIRST,
24 HOURS A DAY,
365 DAYS A YEAR!**

OUR SERVICES ARE FREE