

Safe Medicine Dosage

Adhering To Your Medication Schedule

Managing multiple medicines can be challenging, and it's not uncommon to make mistakes while taking them or missing them.

To manage safe dosage and schedule :

- 1. Track your medicine schedule:** To ensure the right medicine, at the right time, in the right doses, keep a list of your medicines with the timetable of in-take handy. Set reminders for yourself on your phone, use a pill box, or schedule medication doses around your daily routines. If you are going out, carry a day's medicine with you.
- 2. Check your prescription:** Check the label to ensure the name and grammage match with the prescribed dosage. Save your prescription/ medicine schedule on your phone.
- 3. What if you miss a dose:** Take the missed dose as soon as you remember within a few hours of the original schedule. If it's close to the time for your next dose, do not double up by taking the missed medicines as this can increase the risk of side effects or overdose.
- 4. When in different time zones:** If you are traveling overseas to a different time zone keep the same time interval till you gradually adjust to the new time zone routine.
- 5. Talk to your doctor:** If you're unsure what to do, or if you missed multiple doses, talk to your doctor for guidance.

Globally as per WHO, medication errors contribute to nearly 50% of overall avoidable harm. So keep up to date with the best practices and increase patient safety.

To know more:

- [List of Current Medication- Sample Illustration](#)
- [How do I know if I have an allergy to any medicine?](#)
- [What if the prescribed medicine is not available?](#)
- [How do I manage multiple prescriptions by different specialists?](#)

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