



Ever Miss a Dose of Your Medicine?

... here are some tips

FACT: Many people miss taking one or more doses of their medicines.

FACT: Some people think they can make up for the missed doses by doubling up on their medicines.

FACT: Doubling up on your medication can cause serious, life-threatening side effects.

*It can happen like this...**

Mrs. Chase has been taking the same medicine for the last 3 months. Recently she has been very busy with work and other pressures, and she accidentally missed a dose of her medicine. She realized that she had skipped her regular dose, so she took two capsules to “make up for it.” A few hours later Mrs. Chase startled her coworkers...her eyes were moving back-and-forth, her speech was slurred. She staggered and stumbled when she tried to walk, became drowsy, vomited, had involuntary muscle twitches and then became unconscious. She was rushed to the emergency room.

**Based on a case series review on a commonly used prescription medication.*

If you missed your regular dose of medicine, here's what to do:

1. Do not just double up on your medicine.
2. Read the drug information that was given to you when you got your medicine,. Some medicines come with directions on what to do if you miss your regular dose.
3. If you are still not sure, call your **pharmacist** or **doctor** for advice.
4. Work out a plan for your next dose with your pharmacist or doctor.
5. Talk with your pharmacist or doctor about any concerns you might have.

HINT: *Keep the phone numbers of your pharmacist and doctor in your wallet.*

