• How can a Brown Bag Medication Checkup help you?
• An adverse drug event is an injury resulting from the use of a drug, such as an allergic reaction or overdose.
• Do you know the effects of your prescribed and over-the-counter medications?
• Each year, four in 1,000 Americans visit an Emergency Department due to adverse drug events.

• One in four of these visits result in hospitalization.
For older Americans, the rate is even higher, with nearly half of the visits resulting in hospitalization.
• The good news is, most adverse drug events are preventable.
• If you take medicines for
  – High blood pressure
  – Heart failure
  – Angina or heart disease
  – Asthma
  – COPD
  – Diabetes
  – Chronic pain

Learn how a Brown Bag Medication Checkup could help.
• After you schedule your appointment, follow these three simple steps:
  1. Grab a bag
• 2. Fill your bag with all new and old medications. This includes...
  – Prescriptions, over-the-counter drugs, vitamins, supplements, pill organizers, pill bottles, puffers and devices, patches and sprays, medicated creams and ointments, eye and ear drops
• 3. Bring the bag to your appointment with a health care professional.
• Your health care provider will do the following:
  – Review your medicines
  – Discuss why you take each medicine
  – Demonstrate how to take each medicine
  – Ensure you are taking medicines correctly
  – Explain how to dispose of unneeded medicines
  – Prepare an updated medicine list that you can share with other health care professionals
• Congratulations! This is an important step toward taking charge of your health.