

Medication Safety Basics

Use this checklist to keep medications effective and reduce risk. Share with family or supports as needed.

High-Risk Combinations—Avoid Unless Prescribed Together and Monitored

- Alcohol + benzodiazepines (e.g., alprazolam, clonazepam) → suppressed breathing, blackouts.
- Alcohol + opioids (e.g., oxycodone, heroin) → high overdose risk.
- Benzodiazepines + opioids → very high overdose risk.
- Stimulants (e.g., amphetamines) + other stimulants or high-dose caffeine → heart strain and anxiety.

Always talk to your prescriber or pharmacist about interactions that apply to you.

Storage & Organization

- Use a lockbox for controlled meds (stimulants, benzodiazepines, opioids).
- Keep in original bottles with labels; avoid pill-mixing in unmarked containers.
- Create a simple medication list (name, dose, time of day, prescriber, pharmacy). Keep a copy in your wallet/phone.
- Store away from heat, moisture, and from children/pets.

Dosing & Refills

- Take exactly as prescribed. Do not change dose or stop suddenly without medical guidance.
- Use reminders: phone alarms, pill organizer, or chart on the fridge.
- Refill early to avoid gaps; one pharmacy when possible to check interactions.
- If you are prescribed opioids, ask about naloxone and how to use it.

Disposal & Lost Meds

- Use pharmacy take-back or FDA-recommended disposal methods.
- If meds are lost or stolen, contact your prescriber and consider filing a report.

Informational only; not a substitute for medical advice. Confirm risks with your prescriber or pharmacist. In emergencies call local services or 911 (US).