**Important Food and Medicine Guidelines**

**Do:**
- Know the names of the medicine you take and why you are taking them.
- Take the medicines as your doctor prescribed.
- Call your doctor right away if any problems happen after taking any medicine.
- Know how to store your medicines.
- Always carry a card with the names and doses of your medicines.
- Get your medicines refilled before you run out.
- Take your medicines as directed, even when you are feeling well.
- Ask about potential food/drug interactions when getting prescriptions filled.

**DO NOT:**
- Do not take any over-the-counter medicines, supplements, or herbal therapies without checking with your provider. These may interfere with the medicines your provider prescribed.
- You should discuss dietary supplements like St. Johns Wort, Ginkgo biloba and others with your provider before taking.
- Do not skip a dose, stop the medicine, or take an extra dose without first talking with your provider.
- Do not give your medicine to anyone, even though they may seem to have the same problem.
- Do not remove medicines from their original bottles or mix other kinds of medicines in the same bottle.
- Do not take another person’s medicine.
- Do not travel away from home without your medicines or supplements.

**For your Information**
- Results of drug interactions with food/beverages may change the way the drug is handled by the body. Grapefruit Juice: Grapefruit juice can cause interaction with certain medicines. If you like grapefruit juice, you should find out if it is OK with the medicines you are taking. Alcohol: Alcohol can cause interaction with certain medicines. If you are going to drink alcohol, you should find out if it is OK with the medicines you are taking.
- Warfarin (Coumadin) medication will require a special diet. This information will be given to you during your hospital stay before you go home.
- If you have more questions about your medicine you may ask to speak with a dietician or pharmacist while you are in the hospital. If you have questions after you are discharged call Upstate Connect at (315) - 464-8668 or (800)-464-8668 and ask to speak to a nurse.